



**The University of Chicago and University
of Illinois Chicago Perinatal Centers
Spinning Babies® Workshop**

Thursday, December 9, 2021
from 0900-1700

Edward Hospital
801 S. Washington St.
Naperville, IL 60540
Heart Hospital Ground Floor
Conference Room

This course introduces the Spinning Babies® approach to pregnancy comfort, labor progress and easier birth. Participants learn fresh solutions for long and/or posterior labor, labor dystocia and labor pain. Spinning Babies presents a new perspective on the anatomy of fetal positioning and birth, and applies stretch and jiggle techniques for body balancing. Spinning Babies® Balance, Gravity and MovementSM

After this workshop you will be able to:

1. Compare cardinal movements of the flexed LOT baby to extended ROT baby
2. Describes the role of three soft tissue structures on fetal position (Make room for baby)
3. Designs a pregnancy protocol (movement routine) for all pregnant person's comfort and pelvic stability
4. Design a Myofascial routine for releasing tight or spasmed muscles within and to the pelvis (Balance).
5. List s contraindications for steep inversion
6. Demonstrate the Side-lying Release
7. Differentiate a progressing from non-progressing labor patterns and symptoms
8. Describe current research on Occiput Posterior presentation effects on birth outcomes
9. Teach a pregnant parent an external self-assessment to detect a lack of engagement from an overlapping forehead
10. Compares an indication for cesarean delivery due to cephalo-pelvic disproportion from indications that baby can rotate to fit the pelvis.
11. Choose a maternal position to increase the diameter of each pelvic level (inlet, mid, outlet) to encourage rotation and/or descent (Gravity)
12. Write a plan of implementation for the Spinning Babies approach in a practice scenario

Successful completion: Upon successful completion of this course which includes attending the entire workshop, participating in hands on activities and submission of an evaluation, participants will receive 7 CEs (as approved by the Ohio Nurses Association (ONA)).

University of Chicago Medicine is approved as a provider of nursing continuing professional development by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91)

Cost: \$200 per person. No refunds will be accepted.

Registration: Tickets will go on sale Monday, August 16, 2021 at 0800 on a first come first serve basis & can be purchased at the link below or by scanning the QR code:
<https://www.eventbrite.com/e/spinning-babies-workshop-tickets-166363123581>



*This link is private and should not be shared with hospitals outside of the UCM perinatal network. If all seats are not sold by November 1, 2021 we will open this class up to outside hospitals.

What to bring: A yoga mat, pillow, & flat bed sheet. A light breakfast & lunch will be served.

For additional information or questions, please contact Autumn at (312) 697-9341
or autumn.mels@uchospitals.edu