

# **PRENATAL RESOURCE GUIDE**

BY: DR. AMY MUNSTERMAN, DC, WEBSTER CERTIFIED

# DR. AMY'S PRENATAL RESOURCE GUIDE

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# WELCOME!

Congratulations—and welcome! It's an honor to walk with you through this season of growth, change, and preparation. This guide was created to support you with practical, trusted resources you can use right away—so you feel informed, empowered, and cared for from bump to birth (and beyond).

Your body is doing incredible work. As posture, hormones, and ligament tension shift, extra stress can land on your spine and nervous system. Prenatal chiropractic—especially the Webster Technique—aims to gently restore balance in the pelvis and support a calm, coordinated nervous system so both you and your baby can thrive.

## How to use this guide

- Scan the sections most relevant to your current trimester.
- Try one or two simple comfort strategies at a time.
- Bring your questions to your visits—we love being part of your care team.
- Share pages with your partner/support people so everyone's on the same page.

Our goal isn't only reduce discomfort—it's to help create the most optimal environment for your baby to grow and for you to experience an empowered, supported pregnancy. We're grateful to be on your team.

With love & purpose,

Dr. Amy Munsterman, DC

Webster Certified | Prenatal + Pediatric Chiropractic

Babcock Family Chiropractic

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**DISCLAIMER:** THE FOLLOWING RECOMMENDATIONS ARE GENERAL WELLNESS GUIDELINES INTENDED TO SUPPORT A HEALTHY PREGNANCY. EVERY WOMAN'S PREGNANCY IS UNIQUE—PLEASE CONSULT WITH YOUR OBSTETRICIAN, MIDWIFE, OR OTHER QUALIFIED HEALTHCARE PROVIDER BEFORE BEGINNING ANY NEW EXERCISE, SUPPLEMENT, OR ROUTINE, OR IF YOU HAVE ANY QUESTIONS ABOUT CONTRAINDICATIONS OR SPECIFIC HEALTH CONCERNS.

## Webster Technique:

**Dr. Amy Munsterman is Webster Certified through the International Chiropractic Pediatric Association (ICPA), providing specialized care for pregnant women using this gentle technique.**

### What is the Webster Technique?

The Webster Technique is a specific chiropractic adjustment designed to help balance the pelvis and surrounding muscles and ligaments during pregnancy. By restoring balance, it creates more space and comfort for both mom and baby.

It's important to know: this technique does not turn babies. Chiropractors trained in Webster never try to move or reposition the baby. Instead, the goal is to gently reduce tension and misalignment in the pelvis so that your body and your baby can find their best position naturally.

### How does it work?

During pregnancy, hormonal and postural changes can create extra stress on the spine, pelvis, and surrounding soft tissues. These shifts can affect:

- Pelvic alignment (how the bones move and sit together)
- Sacral balance (the base of the spine)
- Round ligaments that support the uterus and sacrotuberous ligament
- Nervous system function

The Webster Technique looks at all of these areas. When we find imbalances, gentle adjustments and soft tissue contacts are made to restore normal motion and ease.

### What do we look for?

- Pelvic balance – making sure the hips, sacrum & pubic bones move evenly
- Muscle tension – especially in the glutes/piriformis, and psoas that can affect comfort
- Ligament tension – checking the round & sacrotuberous ligaments
- Nervous system function – ensuring clear communication between the brain and body

# Webster Technique:

## What to expect at your visit

- You'll lie face down on a pregnancy-safe adjusting table with a space for your belly.
- Dr. Amy will gently check the motion of your pelvis (sacrum & pubic bones)
- Specific adjustments are applied by hand to restore balance.
- Soft tissue work may be done on the supporting ligaments.
- The process is gentle, safe, and comfortable — no twisting or forceful movements.

## Why Webster Care Matters Throughout Pregnancy

The Webster Technique isn't just for the end of pregnancy — it's valuable from the very beginning.

- **First Trimester:** Gentle adjustments help your body adapt to the hormonal and postural changes that start right away. Supporting pelvic balance early can ease common discomforts like nausea, headaches, or fatigue.
- **Second Trimester:** As your baby grows, your posture shifts. Keeping the pelvis balanced reduces strain on the low back, hips, and round ligaments, making movement and daily activities more comfortable.
- **Third Trimester:** With the most rapid growth, balance in the pelvis and soft tissues supports optimal space for baby's position and prepares your body for labor and delivery.

When your pelvis is balanced and your nervous system is clear, both you and your baby can adapt more easily to the changes of pregnancy. This makes Webster care a proactive choice for comfort, balance, and preparation for birth — not just a last-minute solution.

As a Webster Certified chiropractor, Dr. Amy has advanced training in assessing pelvic balance and supporting moms through pregnancy.

The goal of Webster care is not to treat symptoms or turn a baby, but to help your body be at its best — balanced, adaptable, and ready for the changes of pregnancy and birth.

## Pregnancy Dos:

Get to know Spinning Babies website! Their [“Daily Activities”](#) is a fabulous place to start.

- Regularly use forward leaning positions; Keep your tummy lower than your spine and keep your knees lower than your hips.
- Use a birth ball, or ergonomic chair as much as possible. We recommend you sit upright and do not slouch. Rock your pelvis forward onto your "sit bones" and sit with your knees lower than your hips. If you have a job which requires prolonged sitting, you may want to consider getting an ergonomic kneeling chair (like a Swedish kneeling chair), sitting on a birth ball, or a standing desk.
- Keep muscles, ligaments and joints balanced through regular chiropractic adjustments with the Webster's Technique.
- When getting in and out of the car or chair, keep your knees together.
- Eliminate refined sugar & alcohol. Drink plenty of water; eat lots of green leafy vegetables; snack on protein not carbs.
- Recommended supplements: NutriDyn Prenatal, Vitamin D3+K, Women's Probiotic
- Practice squatting, most likely you'll be doing that in labor. Yoga & stretching helps.
- Use a birth ball, or pregnancy rocker (put a Swedish or ergonomic chair on rockers) as much as possible.

## **Pregnancy Dos:**

- Use a standing desk.
- Move car seat in upward position.
- When sitting on a sofa, an armchair or in a bucket type seat, place a firm cushion or pillow under mother's bottom and lower back in order to sit more upright.
- Watch TV or read while sitting on a dining room chair, or facing backwards on a dining room type chair, or kneeling on the floor leaning over an ottoman, coffee table, stack of floor cushions, birth ball, or a bean bag, or kneeling on a sofa or chair leaning over its arm or back.
- When resting or sleeping, mother can lie on her side. \*NOTE: Gravity effects are different when mother is in pure side lying or semi-prone (exaggerated Sims'). \*If side lying with baby in Occipito-Posterior, lie so that baby's back is toward the bed 15-30 minutes, then change to kneeling and leaning forward for 15-30 minutes. If semi-prone, lie so that baby's back is toward the ceiling, for at least 15-30 minutes.

## **For Pubic Symphysis Disorder:**

- Bend your knees and put a ball or your fist between your knees and push inward for a count of 5, then relax for 5. Repeat 5x, three times a day.
- Avoid/minimize straddling, including getting in/out of a car or chair.

## Pregnancy Don'ts (things to avoid):

- Avoid (or minimize) one sided positions and repetitive motions. When carrying other children, avoid carrying them on the same hip all the time. Move them back and forth.
- Avoid (minimize) reclining. That tends to move the baby into a posterior position.
- Avoid slouching and sitting back onto your sacrum.
- Avoid sitting Cross-legged.



## Exercise Recommendations:

### Miles Circuit

The Miles Circuit is a series of three maternal positioning exercises (usually done in sequence over about 90 minutes) to help encourage baby into an optimal position, especially in the third trimester or if labor is stalling:

1. Open-Knee Chest (forward leaning, bum in the air, chest down) – helps baby disengage from a less optimal position.
2. Exaggerated Side-Lying – 30 minutes on each side, keeps the pelvis open and uses gravity to encourage rotation.
3. Upright & Asymmetrical (like lunges or curbing walking) – helps baby descend into the pelvis.

### Postural & Positioning Exercises

- Forward-Leaning Inversion (from Spinning Babies®) – used to balance uterine ligaments and give baby space to reposition.
- Hands & Knees / Cat-Cow stretches – relieve low back tension, encourage baby into anterior position.
- Birth Ball Work – gentle bouncing, hip circles, and figure-eights on a stability ball for pelvic mobility and comfort.
- Pelvic Tilts / Rocking (on all fours or against a wall) – mobilize SI joints, support core stability, and relieve low back pain.
- Exaggerated Side-Lying (Sims' Position) – rest and positioning technique to support fetal rotation (often part of Miles Circuit).

### Strengthening & Stability

- Squats (supported or wall squats) – practice for labor positioning and pelvic floor engagement.
- Kegel Exercises – not emphasized as heavily anymore, but still useful for pelvic floor awareness and recovery.
- Hip Squeezes / Adduction – place a ball or fist between knees and gently press (especially for Symphysis Pubis Dysfunction / SPD).
- Glute Bridges (gentle, no heavy weight) – support glute and pelvic stability.

## Exercise Recommendations Cont.:

### Stretching & Mobility

- Psoas Release Positions – gentle lunges or supported stretching, important since tight psoas can contribute to fetal malposition.
- Butterfly Stretch / Cobbler Pose – open hips and stretch inner thighs.
- Seated Forward Lean (using a chair or ball) – helps balance uterine ligaments and relax pelvic floor.

### Specialized Movement Programs

- Spinning Babies® Daily Activities – a routine of daily postures, stretches, and movements for optimal fetal positioning (directly recommended in your ICPA notes).
  - Miles Circuit – structured sequence (open-knee chest, side-lying, upright asymmetry) to encourage rotation or descent, especially late pregnancy or early labor.
  - BirthFit® Functional Movements – adapted strength and mobility work for prenatal fitness.
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### Trimester-Specific Focus

- 1st Trimester: gentle stretching, light strengthening, avoid forceful exercises.
- 2nd Trimester: maintain balance (pelvic tilts, squats, forward leaning),
- 3rd Trimester: Miles Circuit, supported squats, SPD stabilization, side-lying rest, hands-and-knees.

# Prenatal Nutrition:

**This is not the time to do shortcuts – spend the money on quality supplements.**

\*Make sure your prenatal contains L-methylfolate



## Prenatal

Optimal Micronutrient Support for a Healthy Pregnancy\*

[Read more](#)

 [Download detailed sheet](#)

**Price**  
\$44.25



## D3 5000 with K2

Supports Bone, Cardiovascular, and Immune Health\*

[Read more](#)

 [Download detailed sheet](#)

**Price**  
\$22.75



## UltraBiotic Women's

Targeted Probiotic for Optimal Women's Health\*

[Read more](#)

 [Download detailed sheet](#)

**Price**  
\$45.75

## The Serola Sacroiliac Belt

for sciatic, pubic & SI joint dysfunction/discomfort

Placing the Serola belt in the correct position, with the correct amount of tension, helps normalize motion & remove stress from the ligaments & sciatic nerve. The Serola belt is the **only** belt designed to properly normalize sacroiliac motion, reduce stress to the ligaments & allow the muscles to return to a healthy balance. It provides stability while not restricting movement of the pelvis.



[🔗 Serola Amazon Link: Recommend the L or XL.](#)

[Buy Serola Belt](#)



## Suggested websites:

### [Evidence Based Birth](#)

Evidence Based Birth® is an online childbirth resource that informs, empowers and inspires expecting parents and birth-care practitioners globally, to understand the latest, proven, evidence based care practices.

### [Optimal Baby Positioning Resource](#)

Learn tips about optimal fetal positioning

### [ICPA Resources](#)

International Chiropractic Pediatric Association. Review recent articles on pediatrics and pregnancy.

### [ICPA Pathways Magazine](#)

Magazine and website with info for you and your family's quest for wellness

### [American Pregnancy Association](#)

Website with info on healthy pregnancy

### [Cesarean Awareness Network](#)

International Cesarean Awareness Network, Atlanta chapter. A must for anyone who has had a prior C-section, to realize you have options, get emotional support from others, plan a VBAC if desired, etc.  
Join their FACEBOOK group.

## Breastfeeding:

**Breastfeeding can be beautiful—and it can also be new, messy, and full of questions. This page brings together trusted, practical guides to help you feel confident. We celebrate breastfeeding whenever it’s desired and possible, and we also honor every feeding journey—pumping, combo-feeding, and formula included. Our bottom line is a well-fed baby and a supported mom.**

[!\[\]\(869f8db8cb6058a4d20fc99f4521bf06\_img.jpg\) Hunger Cues – when do I feed baby?](#)

[!\[\]\(90164f74041f71b612f1c8605a7ede54\_img.jpg\) Deep Latch Technique for Pain-Free Breastfeeding](#)

## Lactation consultant:

[!\[\]\(f024d36410e36011059c73f7d7908105\_img.jpg\) Laci Jones Lactation](#)

Based out of Fargo, ND, Laci is an International Board Certified Lactation Consultant (IBCLC) & Registered Nurse offering 10+ years of women’s health mastery. She offers In-home and virtual consultations.

# Formula:

We honor every feeding journey. Breast milk is wonderful—and so are moms who pump, combo-feed, or formula-feed. What matters most is a nourished baby and a supported mom. If formula fits your family, here are gentle options for sensitive tummies. You're doing a great job. ❤️

## HA formula for milk protein allergies

There's a difference between milk protein sensitivity & true cows milk protein allergy (CMPA). If your baby has a milk protein allergy, look for a HA formula which contain hydrolyzed proteins.



HIPP Hydrolyzed (HA) Dutch



HIPP Hydrolyzed (HA) German

the only hypoallergenic (hydrolyzed) formula I could find without maltodextrin or additional sugars (they use lactose only). contains organic ingredients, manufactured to EU standards, and non GMO

## Baby Formula with A2 beta casein

Most cows yield two types of beta casein (A1&A2) in their milk. Certain cows as well as all goats, produce only A2 casein which is said to be more easily digested for those that have sensitivities to cow's milk protein.



Baby's Only A2 milk  
USDA certified organic



Serenity A2 Toddler Milk  
for babies 12m+  
\*contains palm oil



Bubs Supreme A2  
\*not organic but non GMO ingredients



Bubs AU Goat Milk



Kendamil Goat Milk



Little Oak Goat Milk



Nannycare Goat Milk

goat milk formulas (A2 casein for easier digestion) without glucose syrup, corn syrup solids, or maltodextrin

## The best cow's mils infant formulas

Lactose only; no maltodextrin, corn syrup solids, or other sugars. All palm oil-free formulas.

★ = made with whole milk (higher fat content) so less vegetable oils needed



Baby's Only  
most affordable USDA  
Organic infant formula



Similac Pure Bliss  
no growth hormones / antibiotics  
& non GMO \*not organic\*



Loulouka  
EU organic certified



Aussie Bubs  
AU organic whole milk  
from grassfed cows



Kendamil  
EU organic whole milk  
from grassfed cows



By Heart  
USDA organic whole milk  
\*closest to breast milk with addition  
of 2 breast milk proteins\*



Bobbie  
USDA organic  
milk from grassfed cows

**Disclaimer:** There is no one best formula. There are pros & cons to every brand. What works best for one family might not work for another. This page is simply information to consider to make more conscious purchasing decisions & to find what works best for your baby.

# DOULAS & MIDWIVES

## [Having a Doula: Is a Doula For Me?](#)

## [Benefits of a Doula](#)

### Finding a Doula:

In the Aberdeen area, there are a few different doulas and midwives we recommend:

## [The Alchemy Doula](#) - Theresa Nolan



## [Gentle Touch Midwifery Birth Services](#) - Eudine Stevens



## [New Beginnings Doula Services](#) - Marnee Hauck



## [Earthside Midwifery](#) - Abbie Paulson



## [Roots Doula Services](#) - Misti Taylor



## Miscellaneous Information:

### [Oral Vitamin K supplement](#)

Newborns are often given Vitamin K to support healthy blood clotting. Levels of Vitamin K naturally rise in babies around day 8 after birth. Supplementation is most important if a baby will have a procedure such as a circumcision or tongue-tie release before that time. Parents have options: Vitamin K can be given as an injection or orally, and you can discuss which choice is best for your family with your care provider.

### [Cloth Diapering](#)

### [Postpartum Depression](#)

[Anchored Mind Counseling](#) specializes in working with mother's experiencing postpartum depression. You are not alone ❤️

### [Chiropractic care and infants:](#)

Parents often ask why a newborn baby should be checked by a chiropractor.

### [Pelvic Floor Therapy](#)

We refer all our moms to Dr. Samantha Wipf at Optimal Performance Physical Therapy for pelvic floor work. Supporting and stabilizing the pelvic floor is essential after pregnancy & delivery.