Parents: What is Spinning Babies®?

New class offering

Attention, Parents!

Are you ready for a pregnancy and birthing experience like no other? Say goodbye to discomfort during pregnancy and embrace ease in birth! We are thrilled to introduce you to Spinning Babies® Birth Preparation Class, a revolutionary approach that is changing Birth on Earth!

Spinning Babies® believes that fetal positions are not random; babies naturally fit the space available to them. But here's the exciting part: it's not just about the size of the baby or the pelvis. Birth anatomy can be flexible and we're here to show you how.

Spinning Babies®, created by Gail Tully, offers a fresh and anatomically-based perspective on birth. Our unique approach allows you to see the miracle of birth through a whole new lens. When you attend a Spinning Babies® Birth Preparation Class, you'll learn techniques that will forever change the way you think about birth.

So, what's the secret to an easier birth? It all starts with understanding your baby's position. By exploring the alignment of the womb and pelvis through the lens of the baby's position, we uncover valuable insights that guide our preparation. Instead of focusing on how far dilated you are, we shift our attention to finding answers to the questions: Where's Baby?

Where is the baby positioned? Where is the womb in relation to the pelvis? Which level of the pelvis is the baby maneuvering? These inquiries open up a world of possibilities, allowing us to support physiological birth, reduce fear, and enhance the bond between you and your precious little one.

Spinning Babies® mission is clear: to offer you an easier childbirth with fetal positioning through physiology before force. They're dedicated to empowering parents and birth professionals worldwide with this groundbreaking knowledge.

So, join us on this incredible journey towards a more comfortable pregnancy and an extraordinary birthing experience. Discover the wonders of Spinning Babies® and unlock the secrets of your baby's position. Get ready to embrace "comfort in pregnancy and ease in birth" as we bring physiology first in the way we approach childbirth.

Together, we can make your birth story one for the books!

Hunterdon Health

Spinning Babies®

Are you ready for a pregnancy and birthing experience like no other?

Spinning Babies® Birth Preparation Class highlights your baby's active role in birth. During labor the baby needs to pass through the three levels of the pelvis. Learn techniques to help your pelvis and it's muscles that support or restrict your pelvis levels. Together, you and your birth partner can use these techniques before and during labor to help "make room for baby!" Spinning Babies® reveals how the baby can find optimal positions for labor, and make birth less painful and even pleasurable!

New class offering

This class is for expectant parents only.

- *Baby's job in labor is to rotate!*
- Learn about Spinning Babies® Techniques
- Daily Essential Activities
- The Three Balances℠ help birth muscles to relax and add comfort now to ease birth later.
- Birth Positions that open the pelvis that let the baby come through more easily
- Bring your birth partner to learn how to help you in pregnancy for comfort in labor and birth

2026 CLASS DATES

January 8	**May 28**	**October 8**
February 19	**July 9**	**November 19**
April 16	**August 20**	

Class should be taken after 22 weeks gestation
Class times are 6:30 pm to 9:30 pm
Space is limited to 5 couples per class.

Partners are encouraged to attend.
Please bring a pillow and blanket and wear comfortable clothes.

READY TO REGISTER? Complete the Class Registration Form

Cost $133.00
Pre-registration is required.

Hunterdon Health