

Belly Binding

Belly binding can be done starting on **day five, starting at six weeks or later if you have had a *cesarean birth**. You can wear the wrap 10 to 12 hours a day, for six to eight weeks, or as long as you like. See video for instructions on how to put the wrap on. You may need help from a family member or someone from your support team. This serves as a healing and a warming treatment - the wrap will help hold in your body heat, close your hips, and help to reposition your organs back to your pre-pregnant state. Most women report it to be extremely comforting, as it supports the front and back of the body, improves posture by realigning the spine, and helps assist abdominal wall retraction. You wrap yourself after a bath and/or warm oil rub. You might want to have an extra layer of cloth between you and the binding to avoid getting oil on it.

Bindings can be purchased online, there are many options.

You can also use whatever you already have at home or make your own as follows:

Instructions for making a belly wrap

Fabric measured - 13 to 17 yards in length by 8 inches wide, you may use whatever fabric you like. Organic muslin is inexpensive and nontoxic, you will need to serge the edges to avoid fraying.