



YOUR BIRTH

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Self Wrapping Bengkung Belly Binding Directions

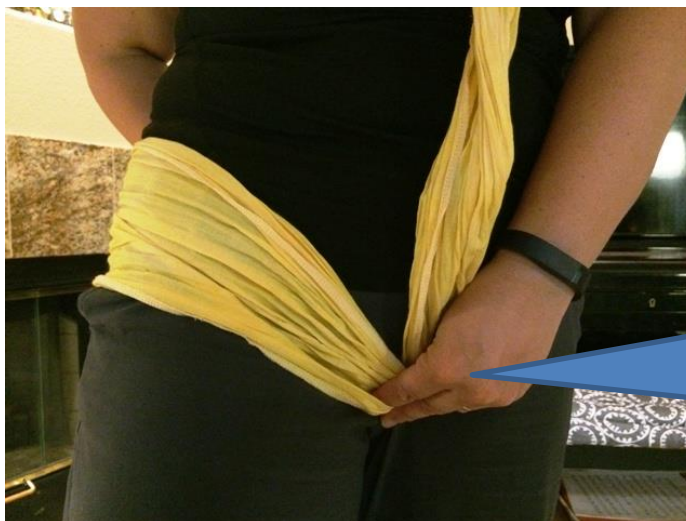
It's easiest if you stand in front of a mirror to help guide your hands. The bind starts at your hips and moves upward, wraps around your waist, knots in front and repeats up your abdomen to just under your breast. Always wear some type of top under the bind for comfort.

There's two parts to the wrap, the tail and the body. The "tail" is the short piece of fabric. The "body" is the long part you wrap around your waist working upward starting at your hips. I'm right-handed so if you're a lefty try switching hands.

To establish the tail, with your left hand hold one end of the wrap up to the top of your forehead and with your right hand pull the fabric straight down the length of your body ending at your groin.

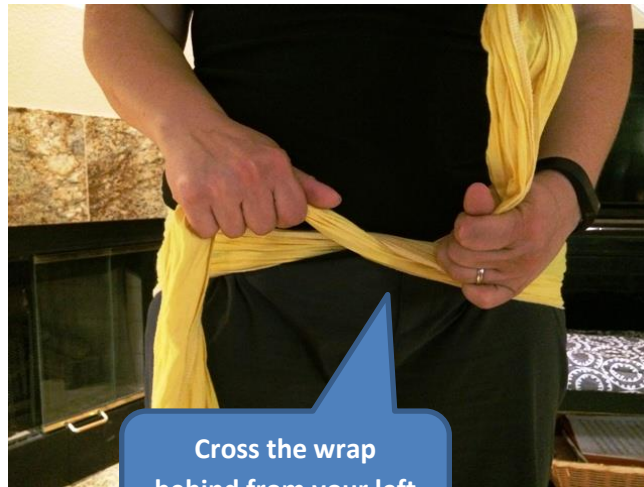


Place the tail (the short part in your left hand) between your teeth to hold it up, and move your left hand down and hold the wrap tight at your groin. With the tail held with your left hand at your groin use your right hand to wrap the fabric around your hips.



Hold the wrap at your groin with your left hand, and wrap the long end around behind your back with your right hand.

The first knot is the most important. The placement of the fabric should be comfortable - nice and low on your hips. Make sure you have the fabric open wide and wrap the long end around your waist, starting on your right side, around your lower back, and then come around in front from your left side.



Cross the wrap behind from your left and over the tail.

The next part is not really a knot; it's more of a twist. You're going to pull the long end tight around your belly and cross from the left side over to the right of the short tail that you're holding in your teeth. Keep the long side tight with your right hand, bring the tail down with your left hand, and wrap the tail under and around the long end, finishing with the tail straight back up towards your head. Hold it with your teeth.



Bring the tail down with your right hand



Wrap the tail around and back up. It may help to pass the tail from your right to left hand to do the twist.

Make sure the wrap is nice and wide around the back. Repeat the wrap, always going the same way working up your belly. Ideally you'd like 10 to 12 knots. The last wrap should be just below your breasts. Tie a knot and tuck in the excess.



Finish with a simple square knot (right over left, left over right) and tuck in the excess



Postpartum use. Wear for about eight hours a day for six to eight weeks. It's wonderful to wear while sleeping.

The wraps are machine washable, gentle cycle, in cold water. Machine or line dry.

Videos for how to wrap by yourself or with help from a friend can be found on my website:

www.bellybinding.com