

# Peanut Balls Lower Cesarean Rates and Improve Patient Satisfaction Rates



## We've compiled BASIC information to start your journey about this amazing birth tool!

Peanut balls are the newest labor and delivery tool, and they're being used with great success. Our founder, Cheri Grant, has been a labor and delivery nurse for 50 years, and she knows that the Peanut Ball has made a significant change in maternity care. As the "Peanut Ball Lady," she's spoken throughout the country on the use of Peanut Balls in the last couple years (the AWHONN state convention in 2014 and 2015, the national Lamaze/DONA convention in 2014 and 2019, Gold Perinatal International conference in 2019 and more than 250 hospital in-service trainings), and we'd like to share some *basic* information that she's found that nurses need to know:

- **Do you have all four sizes of Peanut Balls on your unit?**
- **Do you know the seven original different positions to use Peanut Balls correctly?**
- **Did you know there are now over 50 Peanut Ball positions (shown in [The Peanut Ball Book](#))?**
- **Do you know how to size Peanut Balls correctly for each patient?**
- **How do you teach others on your unit about a Peanut Ball? How do you get a nurse excited about using the Peanut Ball instead of the side lying stirrup?**
- **What's the evidence-based research on the Peanut Ball?**



## About Premier Birth Tools, LLC

**Premier Birth Tools, LLC, sells birth tools and other** products for Doulas, Clients, Childbirth Educators, Nurses and Midwives. We are committed to equipping birth professionals with excellent resources for their professional needs.

### Tiffany Graves

#### Owner

The owner of Premier Birth Tools, LLC, Tiffany Graves, is a woman committed to bringing birth professionals the premier labor and birth tools they need to succeed. Her vision is to assist birth professionals in giving their clients the best birth possible by providing access to the right tools and educational materials for their proper use.



*"My mother is the inspiration of this company. She empowers women with her determination and faith despite her physical obstacles. I have seen many women impacted by her compassionate care in her doula work, teaching, professional speaking and nursing over the years. Her love of birth is contagious, she wants to inspire and share her knowledge, equipment and products with other professionals."*

### Cheri Grant RN, ICCE, CLC, ICD, CLD, CD, BDT(DONA)

#### Founder and Peanut Ball Trainer

The founder, chief contributor and inspiration for Premier Birth Tools, LLC, is Cheri Grant. For more than 50 years she has served women as a labor and delivery nurse, childbirth educator, lactation consultant, national speaker, author, doula trainer and doula. In that time, she has helped with more than 2,775 deliveries. Cheri founded DONEOK, a Tulsa Doula community group of doulas that have trained and supported doulas for more 28 years. Recently Childbirth Graphics crowned her "The Peanut Ball Lady!" (Check her out on Facebook: [www.facebook.com/peanutballady](http://www.facebook.com/peanutballady))

*"I love to help women during the birth of their baby to find their strength to become a wonderful parent. Being able to change maternity care with labor skills, including the Peanut Ball, has been very rewarding. Inspiring and empowering the next generation of doulas and nurses is my passion."*

If you have additional questions after reviewing these materials, we encourage you to contact us at [premierbirthtools@gmail.com](mailto:premierbirthtools@gmail.com). Also look at our website ([www.premierbirthtools.com](http://www.premierbirthtools.com)) and Facebook page ([www.facebook.com/PremierBirthTools](http://www.facebook.com/PremierBirthTools)).

## Contraindications for Use of the Peanut Ball

### Always Know your Contraindications

1. Broken hip
2. Broken Pelvis
3. Broken Symphysis
4. No different than placing pillows or the leg in the stirrup on patient's side. A nurse, midwife or doula would also use caution in that position
5. Maintain proper body mechanic especially when used with an epidural and patient is numb
6. If patient states position does not feel good, listen to patient
7. If patient has an active diagnosed DVT – Deep Vein Thrombosis
  - a. Change positions more frequently
  - b. Use caution of the position you choose
8. DO NOT leave patient in same position for more than 45 min to 1 hour
9. Note: no problems have been reported on this, just a concern to be more cautious in positioning
10. Using wrong size of peanut ball on the patient can close the outlet or too large too much torque

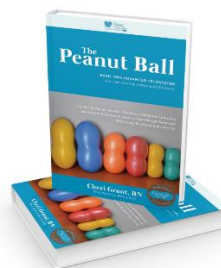
Always use the correct size of peanut ball. Each patient requires a different size of peanut ball depending on the peanut ball position used.

### Nurse Feedback

- There could be a concern with a previous hip or pelvis injury, such as pubic symphysis distinction.
- Just as with an epidural you must be supportive of limbs when moving them when they are numb and not overextend or twist them.
- Most of the negative feedback I've gotten from nurses is that birth happens quickly and they can't get their charting done quick enough before baby is born!
- No problems have been noted with babies turning in wrong position after a client using a Peanut Ball.



[Peanut Ball Bundle, Set of 5 Charts](#)

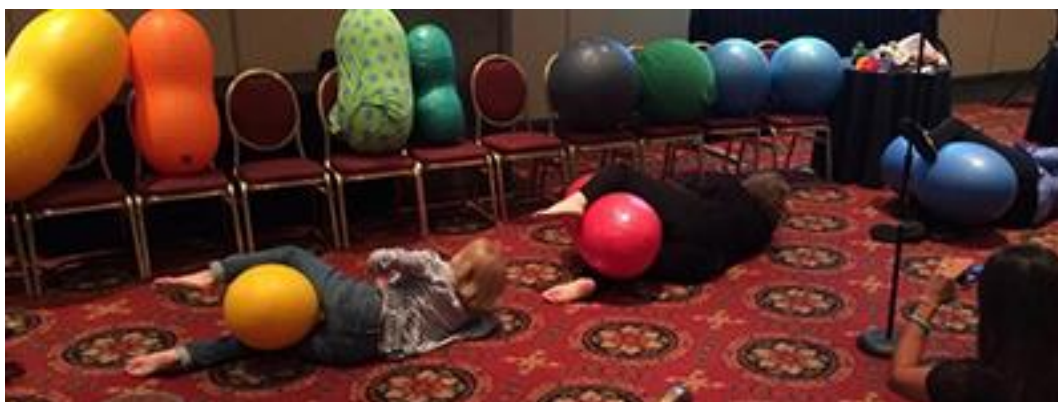


[New! The Peanut Ball Book](#)

# Choosing Correct Size of the Peanut Ball

## One Size Peanut Ball Does Not Fit All Clients

1. After sizing hundreds of clients, we have found that one size does NOT fit all.
2. Peanut balls come in four different sizes in order to fit different clients, so it's important that all four sizes are available at each hospital or birthing center. You may use a 40cm in the Semi-Sitting Lunge and then a 50cm in the Tuck Position on the same client.
3. It is important to make sure you accurately size your client for a peanut ball depending on which of the 50 positions they choose.
4. A wonderful four-part [video](#) on how to size the peanut ball correctly for your client by Heather Turner, one of our Authorized Peanut Ball Trainers!



4 different sizes for your patient: 40cm, 50cm, 60cm and 70 cm

- 70cm – sitting on only
- 60cm – tall
- 50cm – average
- 40cm – those with shorter legs

### **NOTE—Ankle sits on top of ball only slightly hangs over**

*You will use a different size peanut ball for different positions with same client, see next section.*

### Comparison of the stirrup versus the Peanut Ball



**Pelvic outlet not as open**



**Pelvic outlet more open**

# Choosing Correct Size of the Peanut Ball

**Choose the Correct Size for Your Patient - One Size does not fit all**



**Too small ankle hangs over ball, closing outlet**



**Perfect ankle not hanging, only resting on top of ball**

## Different Size Ball for Different Positions on Same Patient



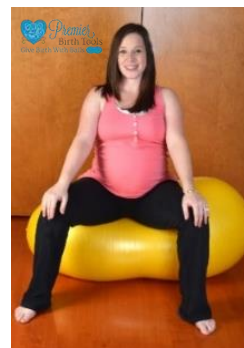
**Semi setting lunge on smaller ball 40cm**



**Tuck the large ball 50cm**



**Kneeling lunge on large 50cm Peanut Ball**



**Park Bench Sitting on x-large 70cm Peanut Ball**



Learn more in  
The Peanut Ball book

Remember brand brands have different colors for their sizes of peanut balls

**Note one patient may take a 40cm size with Semi- Sitting Lunge position, a 50cm peanut ball with the Flying Cowgirl position, a 60cm peanut ball with the Fire Hydrant position and a 70cm peanut ball for the Straddle position.**

# Original Positions with the Peanut Ball

## 5 Peanut Ball Charts with 117 pictures representing 50 positions using Peanut Ball

1. Below are original positions of the peanut ball that is on the [Original Peanut Ball Chart](#)

(Listed below only a **few** of the pictures shown on all [5 Peanut Ball Charts](#))

- **Tuck – Most important position to teach**
  - **Bottom knee bent up to chest**
  - Leg resting on middle part of the ball
  - Ankle not hanging over ball means too small
  - **HUG the ball close to the chest**
  - Put bedrail up to hold ball in place
  - Place blanket behind ball so it will not slip out of place



Tuck – Best Position



Side –Lying



Semi- Sitting Lunge



Forward leaning



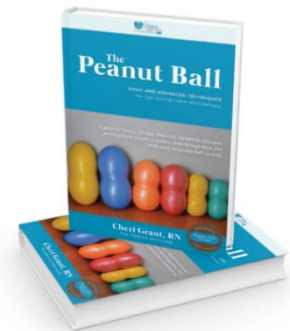
Fire-Hydrant – Hands and Knees

\*Not shown Pushing and Sitting on peanut ball, see Original Peanut Ball Chart\*

# NEW Positions with the Peanut Ball

## 2. Additional 50 NEW Positions of the peanut ball that is in [The Peanut Ball book](#)

- Hands and Knees – Kneeling and Straddling
- Sitting on peanut ball in shower
- Peanut Ball position for Above the Inlet
- Peanut Ball Position for the Midpelvis
- Peanut Ball position for the Outlet
- Straddling Sitting on the peanut Ball
- The “W” Position
- Park Bench Sitting
- Flying Cowgirl
- Kneeling Lunge
- Asymmetrical Kneeling and Sitting Positions
- Rock the Boat
- Pushing with the Peanut Ball



Learn more in  
The Peanut Ball book



## 3. Most Important to remember are Where is baby how do we place the knees

- **Knees pointed Outward** - Above the Outlet Baby at a -2 -3 station to bring baby into the inlet - External Rotation of Hips - Flying cowgirl best position or semi sitting lunge
- **Knees pointed forward Straight Parallel** – Midpelvis - baby is in the mid pelvis 0 station -Parallel Internal External Rotation of Hips Side lying Parallel best position
- **Knees together Inward** – Outlet - baby is +2 station in the outlet - Internal Rotation of Hips Knees Together Heels Out best position

Internal and External positions of peanut ball for baby relation to pelvis. See next page.

# NEW Positions with the Peanut Ball

## *Place the Knees Correctly*

Placement of the KNEES is helpful to observe. Knees are specific and directly connects to the pelvis. Knowing the station of the baby, then using the peanut ball, can assist by placing her leg and hips in a more favorable position.

### **Above the inlet - Flying Cowgirl Position**

#### **ABOVE INLET (Baby High)**

- -3 or -2 Station above the inlet
- Knees Pointing Outward
- External Rotation of Hips
- Knee behind Hip Pelvis Tucked
- Flying Cowgirl Position by Gail Tully, CPM, Spinning Babies®



### **Midpelvis: Side-Lying Parallel Position**



#### **MIDPELVIS (Middle)**

- 0 Station
- Knees Pointing Straight Forward
- Parallel Neutral
- Internal Rotation of Hips and External Rotation of Hips
- Side Lying Parallel Position

### **Outlet – Knees Together Heels Out Position**

#### **OUTLET (Baby Low)**

- +2 +3 Station
- Knees Pointing Inward Together
- Internal Rotation of Hips
- Knee Together Heels Out
- Side Lying, Knees Together with Towel between Knees



**Additional 50 NEW Positions** of the peanut ball that is in [The Peanut Ball book](#)



# Cleaning the Peanut Ball

## Tips to Properly Clean Peanut Balls between Patients

1. **They are easy to clean.**
  - a. Use Soap and Water
  - b. Use Water and Vinegar
  - c. Use the Sani Wipes nurses use to clean other items in Labor & Delivery. It is no different than cleaning birthing balls, pillows, or the mattress on the birthing bed.
  - d. Rinse and scrub with disinfectant in the shower.
  - e. They will discolor over time; this means they are getting used and cleaned.
  - f. DO NOT use straight bleach, this will degrade the material very fast.
  - g. Note: there are different brands of Peanut Balls, follow the manufacture guidelines.
  - h. If you use the Sani Wipes, they break down the peanut ball *eventually*. Since balls break down over use, even with soap and water or Sani Wipes; all balls should be *replaced*, depending on usage, every 1-2 years.
2. **You do need to have a system in place to make sure nurses know they have been cleaned.**
  - a. Clean and dry them; then place it in a cloth laundry bag to designate they are clean for the next patient.
  - b. Place in a trash bag; this signals they are cleaned and ready for the next patient. Make sure they are really dry before putting in a plastic trash bag. Put “Cleaned” sticker on the bag.
  - c. Clean after use and put on the shelf in the utility room or in the closet of the Labor & Delivery room.
  - d. Clean and put in the laundry bag and hang on the IV pole.
  - e. They **MUST** be stored off the floor.
3. **You have to find what is right for you.**
4. **Should be replaced depending on usage, every couple of years as they degrade over time**
5. **Do not use cheap peanut balls, as they do not hold up very well cleaning them over time**
  - a. It's rubber, so it's not like bacteria can stay on it after cleaning it
  - b. It's not porous in the true sense of holes indented but it's not a perfectly smooth surface. There are different manufacturers, check your brand for specific cleaning.
6. **They should be covered during patient use – *See covering instructions***

Learn more in  
The Peanut Ball  
Power Point

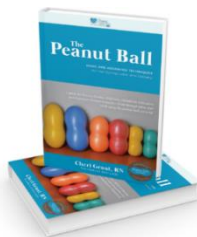


# Covering the Peanut Ball

## Tips to Properly Cover Peanut Balls

### 1. They should be covered during patient use

- a. Cover them with a patient gown, they tie on very easy, then put a green chux on top of the gown – You can use a trash bag first then the gown if you want.
- b. You can use a flat sheet and monitor belts to hold sheet on with a green chux. Taping a sheet on does leave a residue on the ball that will deteriorate over time, *unless* you tape the sheet to the sheet and not the ball.
- c. Cover with a fitted sheet
- d. Cover with a bath blanket
- e. Pillow case pulled over each side overlapping in the middle
- f. Cover with a peanut ball cover made for your ball
- g. Doctors gown that wasn't used on a delivery table, also "sterile leggings" work great



Learn more in  
The Peanut Ball book



Cover with a patient gown and chux



Cover with a Patient Gown



Cover with a Sheet

# Storing Peanut Balls

**Tips to Properly Store Peanut Balls**

1. Hang it with a peanut ball cover handle
2. Hang with your rebozo tied around
3. Up on a shelf or a storage cart
4. Put it in a cloth laundry bag and hang from IV pole
5. Hang with a peanut ball strap from a hook on a wall
6. Use a system on the wall that stores peanut balls
7. Clean equipment room or clean utility room, in closet
8. On a chair, on a table and on a cart
9. In the tub
10. Peanut balls should *always* be stored off the ground to prevent them from puncturing, also keep them away from sharp objects.



Visual guide  
Set of 5 Peanut Ball Charts

Store on a cart



Store on a table or Shelf

# Safety Using Peanut Balls

## **Safety for Using the Peanut Ball**

1. Peanut balls should be kept away from sharp objects
2. Peanut balls should be kept away from direct sunlight or above 80 degrees. These cause deterioration to the material, keeping it at room temperature is optimal.
3. Only a 70cm peanut ball can be used to straddle or sit on and women should use bare feet or grip-soled socks for safety
4. Peanut balls should *always* be stored off the ground
5. Peanut balls should have proper inflation maintained by checking the inflation at least once every 3-6 months
6. *Replace peanut balls every 1-2 years, depending on usage and degrading*
7. Be careful, many people overfill it.
  - a. First day – Fill up to 80% at room temperature before inflating
  - b. Second day – Fill to measurement on ball
8. These are only guidelines not exact. Make sure not to overinflate.
9. Every 3-6 months, check the height for peanut ball:

- 40CM – 15.5”    •50cm – 19.5”    •60cm – 23.5”    •70cm – 27.5”

Proper manufactures inflation depends on which way you measure, as this is only a guideline



Learn more in the  
In-Service Packages



Aeromat Check this way middle to top of plug



Other brands it could be this way

\*Check manufacture guidelines

# Evidence Based References

## FREE in-depth Peanut Ball Resource Handout that lists all 35 articles in our store

- Here is the link to download it [Evidence Based Research on Peanut Balls](#)



## Peanut Ball Resources

- Grant & Clutter (2014) The Peanut Ball: A Remarkable Labor Support Tool. *International Doula*, 22(4), 12-15.
- Grant, Craig, & Rice (2014). Length of labor reduced through use of Peanut Ball: A retrospective analysis.
- Grant, C. B. & Clutter, L. B. (2015). Peanut Balls: Improving Options for Women Laboring with an Epidural. *Australian Midwifery News*, 15(3). 36-37.

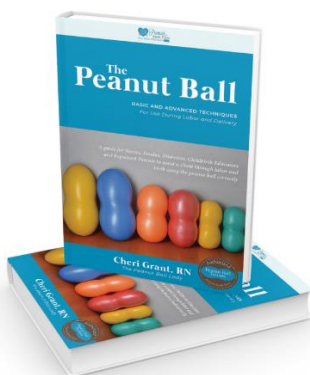
## Peanut Ball Videos and Podcast

- BEST Video** - Irby, Mandy (2017) [Shorten Labor | Faster Birth With Peanut Balls](#) - Nurse discussing internal and external rotation using peanut ball. Authorized Peanut Ball Trainer.
- Really Good** - Honaker, Megan (2020) [Using the Peanut Ball to Promote Vaginal Birth](#) - Nurse and Authorized Peanut Ball Trainer
- BEST on how to push with a peanut ball** - Irby, Mandy (2019) [What Does It Look Like to Push with Peanut Balls? // Peanut Balls in Labor](#) - Nurse discussing pushing using the peanut ball. Authorized Peanut Ball Trainer
- Scott, Marques (2017) [Labor With Peanut Balls](#) - Fun, cute, basic and advanced positions created by a male labor and delivery nurse. Authorized Peanut Ball Trainer.
- Whitlock, Emma (2018) [Peanut Ball Uses in Labor](#) - Peanut Ball Uses in Labor at home. **Home Birth use of Peanut Ball**. Authorized Peanut Ball Trainer.
- Assouline, Stephanie. (2017) [Peanut Ball for Labor \(Basic+Advanced Positions\)](#) - Basic and Advanced Peanut Ball Positions. Authorized Peanut Ball Trainer.
- Duncan, Heidi. (2017). [Peanut Ball Positions for Labor & Birth](#) - Extensive and in-depth Peanut Ball Positions. Authorized Peanut Ball Trainer.
- Turner, Heather (2015) [Using the Peanut Ball By Your Birth](#) - **4-part video on how to size the peanut ball correctly**. Authorized Peanut Ball Trainer
- Really Good** Williams, Aubrey (2022) [Peanut Ball 101 with Aubrey the Doula](#) **Home Birth Peanut Ball** Authorized Peanut Ball Trainer.
- Propp, Kelby (2021) [Peanut Ball Training - YouTube](#)- Doula **Home birth** peanut ball. Authorized Peanut Ball Trainer
- Really good** Fauver, Kathryn Buerkle (2022) [Helping Moms Have a Shorter Labor & a Quicker Birth Using Peanut Balls](#) Nurse Authorized Peanut Ball Trainer.
- Podcast - Evidence based 45 – How do peanut balls support labor? With Cheri Grant [EBB 45 - How do peanut balls support labor? - Evidence Based Birth®](#)
- Podcast - The Peanut Ball And The Pelvis With Cheri Grant The “Peanut Ball Lady” [Prenatal Yoga Center | The Peanut Ball and the Pelvis with Cheri Grant the “Peanut Ball Lady”](#)

## Peanut Ball Research

- Reducing Length of Labor and Cesarean Surgery Rate Using a Peanut Ball for Women Laboring with an Epidural by Tussey, Botsios, Gerkin, Kelly, Gamez, Mensik in *The Journal of Perinatal Education*, 24(1), 16–24
- Palladino, Severi, , Bowman, “Nurse-Driven Labor Initiatives to Reduce Cesarean Rates” *Journal of Obstetric, Gynecologic & Neonatal Nursing* JOGNN June 2019 Volume 48, Issue 3, Supplement, Pages S28–S29
- Additional Research in Handout [Evidence Based Research on Peanut Balls](#)

## To Continue Your Journey...



**New Book!! The Peanut Ball: Basic and Advanced Techniques for Use During Labor and Delivery: \$24.99 – \$49.99**

<https://premierbirthtools.com/store/new-the-peanut-ball-book/>

**Includes 17 Chapters with 224 Pages and over 200 Pictures**

In The Peanut Ball Book, you will:

**Take** a deeper look on how to use peanut balls safely and effectively. **Hear** true stories of how the peanut ball worked, along with supporting evidence-based research. **Learn** new peanut ball positions, correct knee placement with internal and external rotation of femur. **Discover** which position to use if baby is in the inlet, midpelvis or outlet.

*Available in print in black and white on the website OR E-book in color on Amazon as well as print in black and white*



**Peanut Ball Bundle, Set of 5 Charts: \$35.00 – \$55.00**

<https://premierbirthtools.com/store/peanut-ball-bundle-set-of-5-charts/>

Includes **117 colorful pictures** representing **65 different positions** using the peanut ball: Peanut Ball Pushing Positions Chart, Peanut Ball More Positions Chart, Internal & External Peanut Ball Positions Chart, Original Peanut Ball Positions Chart, and New Peanut Ball Positions Chart. These include labor, pushing, Internal and External Rotation of hips, positions related to where the baby is in relation to pelvis, asymmetrical positions, opening the Inlet, Mid pelvis, and Outlet. Also demonstrates positions with and without the epidural. Illustrates all four sizes of peanut balls. Includes cleaning, covering, and choosing the correct size for your client.

*Available as Laminated or to download in PDF format*

We ship *exclusively* to the United States.

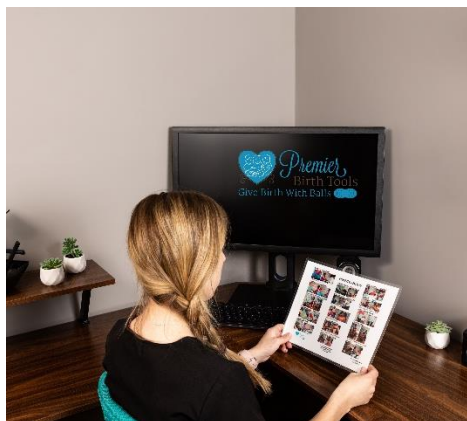
International customers can **ONLY** purchase downloads from the website.

We have over 30 downloads available.

The Peanut Ball Book is available on Amazon to purchase in your country.

## Full Set – All 14 Childbirth Charts

This is just a sample of a few positions for you to use



This Set of 14 Childbirth Charts has  
***430 colorful pictures representing 221 positions***  
 each chart is on 8 X 10, two-sided paper

**Full List of Childbirth Positions Charts for Labor and Birth are:**

Original Peanut Ball Positions

Internal/External Peanut Ball Positions

New Peanut Ball Positions

Peanut Ball Pushing Positions

Rebozo Positions

Peanut Ball More Positions

Birthing Ball Positions

Acupressure for Labor

Sheets for Pushing Positions

Acupressure for Breastfeeding

Asymmetrical Positions

More Rebozo Positions

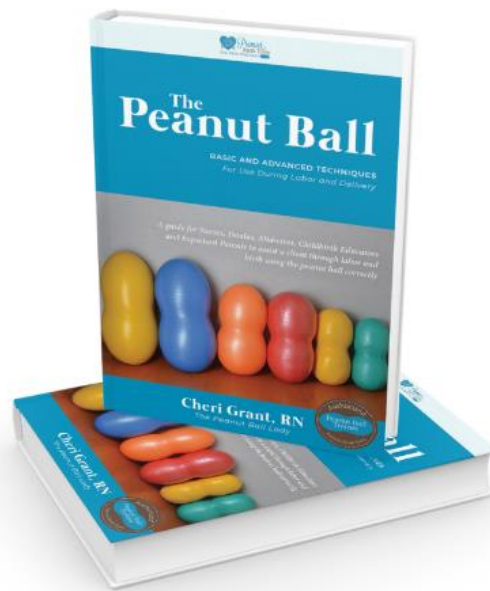
Labor and Pushing Positions

Tens for Labor

**Available as Laminated or PDF Download at [www.premierbirthtools.com](http://www.premierbirthtools.com)**

<https://premierbirthtools.com/store/childbirth-positions-charts-set-of-14/>

# Training Education Material for Peanut Balls



## New Book!!

The Peanut Ball: Basic and Advanced Techniques for Use During Labor and Delivery  
*Includes 17 Chapters with 224 Pages and over 200 Pictures*

*Available in print in black and white on the website OR  
E-book in color on Amazon as well as print in black and white*

**Please let us know if there is anything else you need.**

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Also check out our Facebook and Instagram pages:

Peanut Ball Lady  
Premier Birth Tools  
[@premierbirthtools](https://www.instagram.com/premierbirthtools)



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