

Birth Positions for Labour

Just because the bed is the focal point in many Labour rooms doesn't mean you should head straight onto it! Being upright and active helps to shimmy that baby down into the world! Think upright, forward and open as you move around your space however feels best.

Moving in the way your body tells you to can help you stay comfortable, distracted and encourage optimal position without a single thought!

Here are some positions you can try if you can't quite work out how to get comfy!

- Use a Birth ball to sit up on; rock back and forth or in a figure of eight.
- Lean over a bed/chair and sway side to side.
- Get on all fours and rock back and forth.
- To rest, try getting on your knees and leaning forward with your arms crossed on a birth ball or chair.

As I'm sure you can tell, the key here is to be upright and moving for the most part.

You notice we didn't say lie down on your back like you see in the movies?

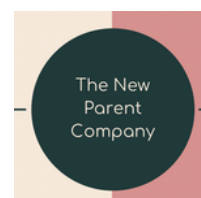


Squat

Supported squat



Use your birth ball



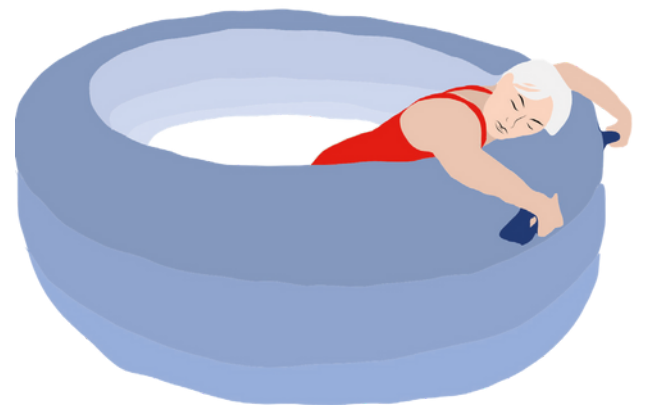


Upright pelvis open

Birthing seat
Sitting backwards on toilet



Seated Supported squat



All fours



Birth
pool

