

POSITIONS FOR LABOR AND BIRTH

- ☞ Remember to change positions every 30 minutes
- ☞ Once labor is active, consider alternating one hour moving with one hour resting.

Resting

- ❖ Bradley rest position. Be sure to support all your parts, leave nothing dangling.
- ❖ Lie on your side in bed with someone's knee in your back. Roll into the knee for counter-pressure.
- ❖ Propped up with pillows (Queen in a throne)
- ❖ Backwards on a chair
- ❖ Backwards on the toilet
- ❖ Rocking chair
- ❖ Sit in chair, lean forward onto support person
- ❖ Hands and knees
 - ✓ Especially good for turning posterior baby and relieving back labor
 - ✓ Try raising the head of the hospital bed and leaning over the raised bed
 - ✓ Lean over a birth ball, with your chest on the ball and arms around it. Sway or rock back and forth.
 - ✓ Put your knees on the floor and your head on your arms or a pillow in someone's lap
- ❖ Squatting, for later in labor when baby is engaged in pelvis
- ❖ Supported squat
 - ✓ Toilet
 - ✓ Birth ball
 - ✓ Low stool

Movement

Keep moving and active as long as you can.

- ☞ Consider positions that make your pelvis asymmetrical
- ☞ Remember belly dancing
- ☞ Lunges
- ☞ Rocking (side-to-side or with one foot forward, foot-to-foot)
- ☞ Stairs (walk up normally or sideways)
- ☞ Standing (lean on counter, wall, bed or support person and rock)
- ☞ Slow dancing (hang on body of support person, their arms around you, your arms around their neck)
- ☞ Dangle (support person sits on kitchen counter/hospital bed with feet on chairs; you dangle from your armpits on his/her knees)

Positions for relieving back labor

- ☺ Think asymmetrical pelvis.
- ☺ Hands and knees or be on your knees and lean on a chair, ball, bed or person.
- ☺ Try pelvic rocking.
- ☺ Try lunges.
- ☺ Try lunges on one knee (like you were going to propose).
- ☺ Slow dancing
- ☺ Stair climbing (especially sideways)
- ☺ Knee press (Sit in a chair with support for your lower back (use your swim noodle). Support person pushes straight in on your knees.)
- ☺ Use your birth ball (pelvic rocking/swaying on the ball; stand by bed leaning over, chest on ball)

Pushing positions

- Squatting (adds 2 – 3 centimeters to diameter of pelvic outlet)
- Side-lying (slows rapid, precipitous birth, gives tissues time to stretch)
- Hands and knees (good for posterior baby)
- Sit/squat (Mom sits at sixty degree angle and pulls legs back or support people hold legs for her)
- Feet in stirrups or on paddles (not preferred)