

Effective Positions For Labor & Birth

Having an idea of how to use different positions to your advantage during the entire process can greatly improve your birth confidence, help manage pain, and even help your labor progress at a smooth and (potentially) quicker rate! Here are some effective positions to try as you work to birth your baby! Combine with your instinctive rhythm, ritual and comfort measures like counter pressure, massage, hydrotherapy, a TENS machine, and even an epidural!



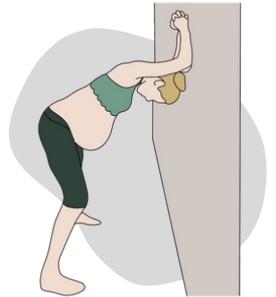
Use to help manage pain & maximize rest



Use to help baby engage in early active labor



Use to help baby descend/rotate & during pushing



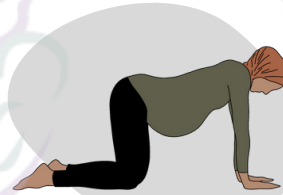
Use to help baby descend & rotate



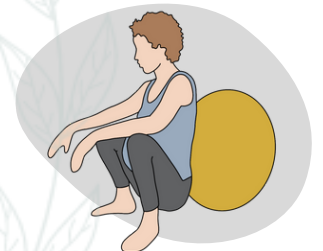
Use to encourage progress & help baby descend



Use to help baby descend/rotate & mood setting



Use to help baby descend/rotate & during pushing



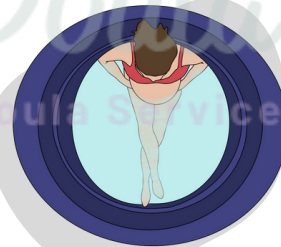
Use to help baby engage in early active labor



Use for pain management & to help baby descend



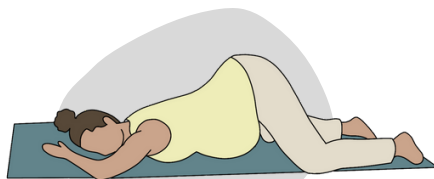
Use to maximize rest & to help speed progress



Use for pain management & comfort



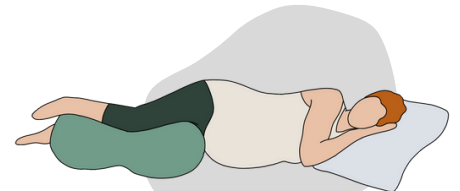
Use to help baby descend & for pain management



Use To Conserve Energy & During Pushing



Use to help baby engage in early active labor



Use to help manage pain & maximize rest