

■ Evelyn & Rose Women's Health

Active Birth: Empowering Your Labour & Delivery

■ What Is Active Birth?

Active birth means being free to move, change positions, and use your body's instincts throughout labour and birth. It focuses on trusting your body and working with gravity to support your baby's journey into the world.

■ Benefits of Active Birth

- Encourages natural progress of labour
- May shorten the first and second stages of labour
- Reduces pain and the need for interventions
- Promotes better oxygen supply to your baby
- Helps baby descend and rotate effectively
- Gives you a sense of control and empowerment

■■■■ Movement & Positions During Labour

Movement helps your body work with contractions and supports your baby's position.

Common active birth positions include:

- Upright: standing, walking, slow dancing
- Forward-leaning: on hands and knees, using a birthing ball
- Squatting or kneeling
- Side-lying (for rest)

Switching positions as labour progresses can ease discomfort and improve efficiency.

■ Breathing & Relaxation

Focusing on your breath helps you stay calm and conserve energy. Try slow, deep breathing during contractions and gentle sighs or moans as you exhale. Relaxing your shoulders and jaw can also reduce tension and pain.

■ Using Water in Labour

Warm water immersion, such as a bath or shower, can provide natural pain relief and promote relaxation. Many women find water soothing and use it as part of their active birth plan.

■■■■ Partner & Support

Your birth partner plays an important role — offering emotional support, massage, hydration, and encouragement. Midwives and obstetricians support you to move freely and guide you safely through labour.

■ Key Takeaway

Active birth empowers you to work with your body, not against it. Movement, choice, and confidence can make your birthing experience more positive and connected.

■ Evelyn & Rose Women's Health

■■■■ Compassionate, evidence-based care for every stage of pregnancy and birth.

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