

Active Labor Positions



Sitting
-toilet, chair, or ball-



Side-lying
-support between legs-



Lunge
-regular or leg up-

Good for when you're exhausted or have an epidural. Keep hips open with ball/pillow.

Allows you to rest while gravity assists.

Opens mid-pelvis. Can help baby find better position or intensify labor. May relieve back pain.



Standing
-someone to lean on-

Uses gravity to help birth progress. Allows freedom of movement and partner support.



Walking
-especially early on-

Helps baby come down or rotate. Allows you mobility in hips and legs.

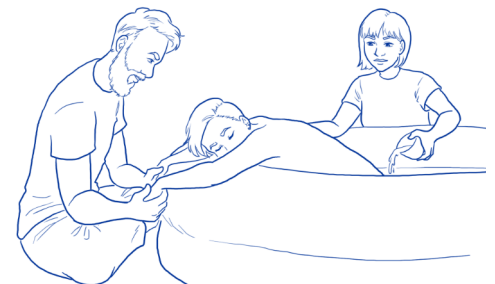
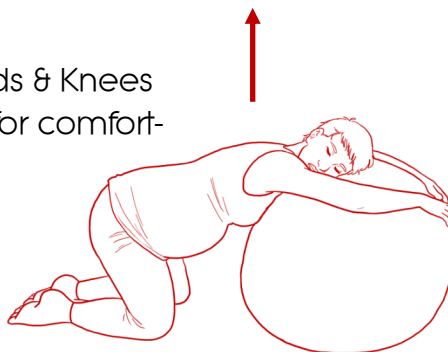
Lean forward without using your legs or putting pressure on your bottom. Good for back pain.

Neutral gravity. Can reduce labor intensity or help a posterior baby.



Squatting
-hold on-

Hands & Knees
-ball for comfort-



Kneeling
-use support-