

[M]OTHERBOARD RESOURCES

LABOR POSITIONS



[m]otherboard
birth preferences made simple



Using movement and gravity during labor can shorten and ease labor by giving your baby lots of opportunities to move into the best position for birth.

Try to change positions every 30-60 minutes and find a balance between activity and rest.

UNMEDICATED POSITIONS

- Standing
- Leaning
- Swaying and dancing with your partner
- Sitting on an exercise ball
- Lunging with one leg up (be sure to do both sides evenly)
- Sitting
- Semi-sitting
- Sitting leaning forward
- Hands and knees (make sure to put something soft under your knees!)
- Hands and knees leaning over back of the bed or over an exercise ball
- Squatting (sometimes with aid of a squat bar). A squat bar is a “c”-shaped bar that fits into a hospital bed that you can hang off of while you’re squatting.
- Side-lying (especially with a peanut ball between your legs)
- Hanging from a sling or door frame
- Squatting and dangling with a partner for support

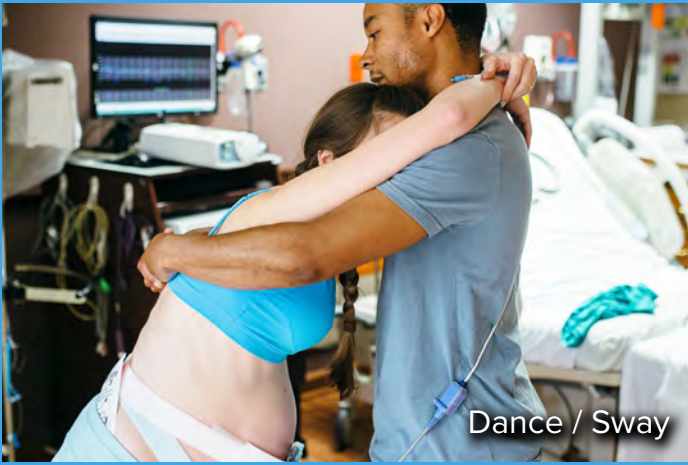


EPIDURAL POSITIONS

- Open side-lying: Place your top knee as close to your chest as possible with your bottom leg straight. This is also called an “exaggerated Sims position.”
- Upright/semi-seated: You can do this easily in a hospital bed by bringing the head up and dropping the foot of the bed down a bit.
- Supported squat: Use a squat bar with support to make sure you don’t fall off bed if you are very numb. You can hang off it while you push, then sit back in between.
- Side-lying with movement: While you’re on your side, have someone help you rock your hips to create movement.
- Use a peanut ball: This is a peanut-shaped inflatable exercise ball that keeps your pelvis open to give baby lots of room. If your hospital doesn’t have a peanut ball, use lots of pillows!
- Hands and knees: You can do this with support on either side of you so don’t fall off the bed.



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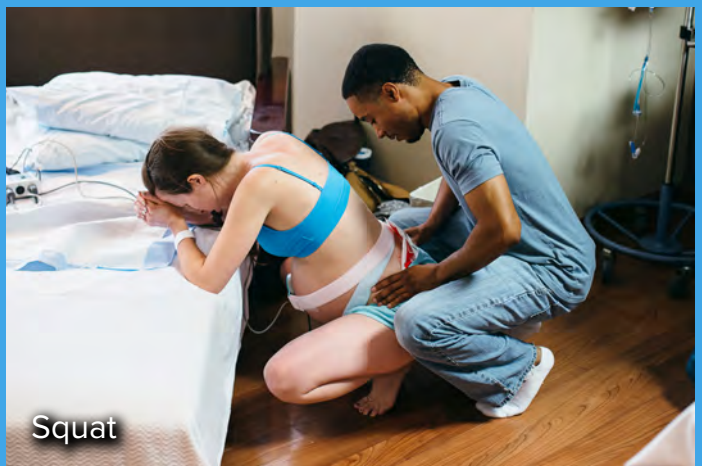
Dance / Sway



Birth Ball



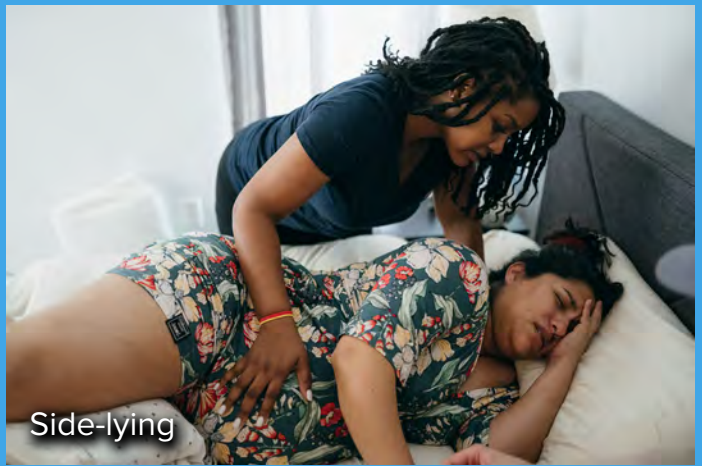
Hands and Knees



Squat



Leaning



Side-lying



Stairs



Semi-Seated



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