

LABOR POSITIONS

This guide is a visual tool to give you choices in labor.
It shows positions that can be used to help with
labor progress, rest and comfort.

Discuss the options with your nurse to see which positions
might be most beneficial for you and your baby.

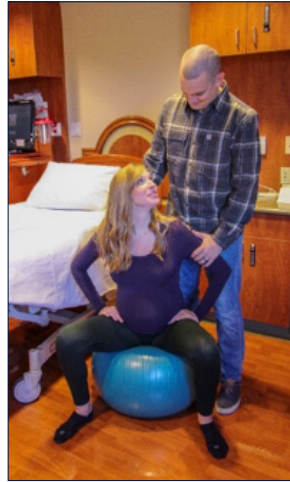




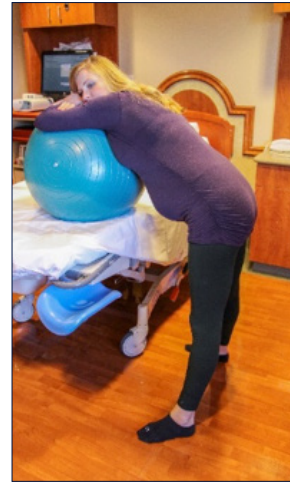
Walking



Supported Dangle



Bouncing/Swaying
on Ball



Standing Swaying



Supported Squat



Bedrail Squat



Dangle



Hip Shifting on Ball



Squat Bar



Kaya Stool - Rocking



Jacuzzi



Shower



Forward Lean
on Toilet



Backward Lean
on Toilet



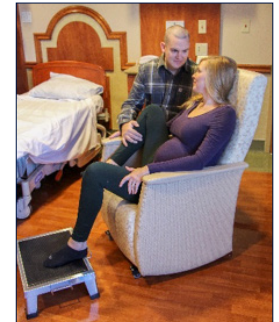
Swaying/Slow
Dancing



Resting on Ball



Rocking Chair



One Leg Up Sitting



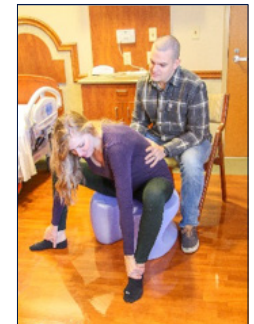
Open Knee Rebozo



Kneeling Support



Kaya Stool:
Partner Cuddle



Kaya Stool:
Sitting Squat



Semi-prone Lunge
Partner Support



One Leg Up Peanut Ball



Semi-sitting



Semi-prone



Kneeling on Foot of Bed



Side-lying Peanut Ball



Side-lying Leg Rest



Kneeling on Back of Bed



Kaya Stool: Reclining with
Abdomen Tilt



Pelvic Tuck Under



Closed Knee to Chest



Flexion & Rocking



Double Hip Squeeze



Pelvic Press



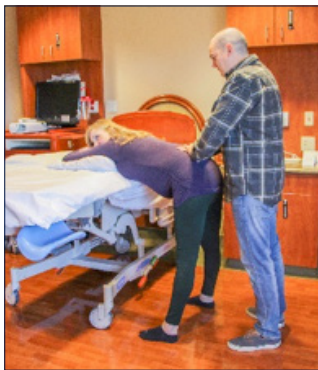
Abdomen Lifting



Knee Press – Lateral



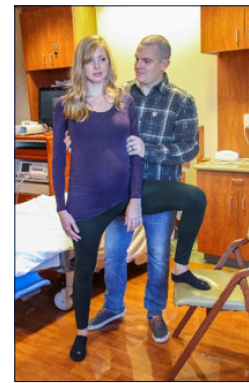
Knee Press – Seated



Counter Pressure



Abdomen Jiggle/Sifting



Standing Lunge



Supported Squat



Side-lying Partner Support



Supine Bed Support



Two-person Leg Support



Partner Behind



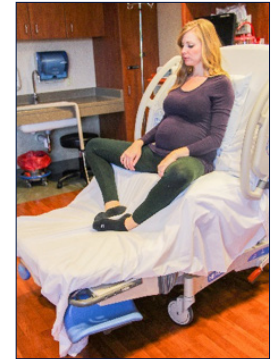
Sheet Pull to Push



Chin to Chest, Legs Wide



Upright Bed Support



Throne



Side-lying Leg Rest



Kneeling on Back of Bed



Squat Bar



Kneeling on Bed