

BIRTHING NATURALLY

Positions for Labor

The worst position to be in during labor is lying on your back. This prevents your pelvis from stretching properly, decreases your blood flow and causes unnecessary pain. For the most comfortable, effective labor, try to stay upright as long as possible. Take some time to test out the various positions described in this worksheet, make notes about which positions you think would be comfortable for you during labor.

Upright Positions

Upright positions allow gravity to increase the intensity of the contractions naturally, while minimizing the discomfort you feel.

Standing
Walking
Leaning (person, furniture, wall)
Dangling
Slow Dancing
Lunge (one foot on stool or chair)

Kneeling Positions

Kneeling positions take pressure off your pelvic floor and allow the baby to change positions. They also allow your back to be available for massage.

Over a birth ball or chair
Into someone's lap
Over the side of a tub
At the head of a bed

Sitting Positions

Sitting positions allow your body to work with gravity while you continue to rest. You can sit on a:

Chair, forward or backward
Beanbag chair
Birth Ball
Floor, cross-legged
Toilet, forward or backward
Rocking Chair

Movement

Positions that give you the freedom to move your pelvis may help your baby to rotate, allowing for a faster labor. Try pelvic rocking, hip swaying, lunging forward or making hip circles in any comfortable positions listed above.

