LABOR POSITIONS

BRITTA BUSHNELL PHD

BIRTH BALL

SEATED FROG

HIP SQUEEZE

SUPPORTED SQUAT

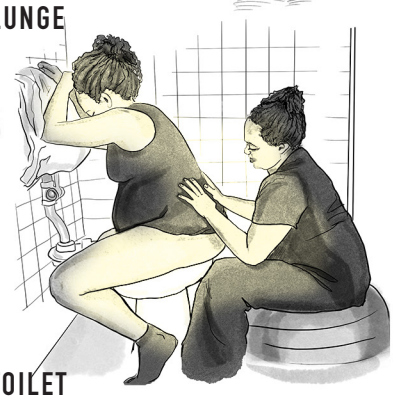
SIDE LYING RELEASE

INVERSION

STAIRS

LUNGE

HANDS AND KNEES



TOILET

POSITIONS FOR LABOR

There are many different supportive positions for labor. Some positions help open the inlet (the top part of the pelvis where baby must enter for good engagement on the cervix and to help dilation), some positions help open the outlet (the lower part of the pelvis where the baby has to pass through for birth), some help make room for baby to shift into a better position, and some help the birthing person in terms of comfort or rest. No one position will cover all needs throughout labor.

Movement and changing positions is key. Stagnation rarely helps labor move forward. Sometimes the most comfortable position isn't one that's best suited to help labor progress. Keep this in mind and change positions often unless you're using a particular pose for a specific purpose. Remember, "motion is lotion." Said another way, motion has a lubricating effect on labor which can help baby more easily navigate the tight passage of birth.

Britta

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For additional positions and a more complete labor position sheet visit motherboardbirth.com

For more information about which positions work best for specific birth scenarios, visit spinningbabies.com

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