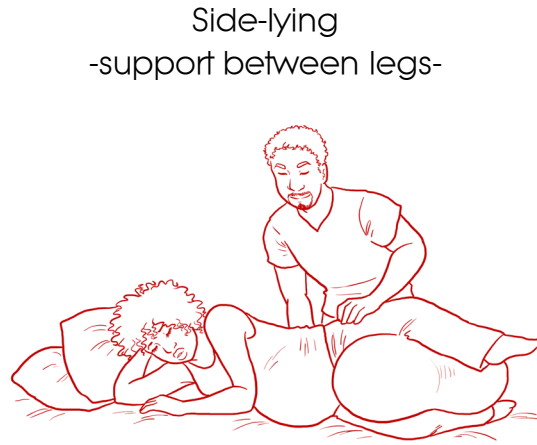


# Active Labor Positions



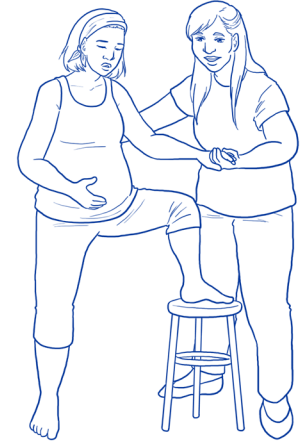
Sitting  
-toilet, chair, or ball-

Allows you to rest while gravity assists.



Side-lying  
-support between legs-

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



Lunge  
-regular or leg up-

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.



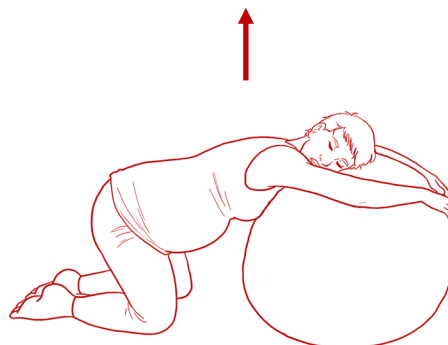
Walking  
-especially early on-

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



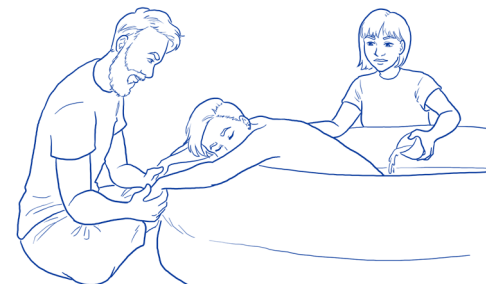
Squatting  
-hold on-

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



Hands & Knees  
-ball for comfort-

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



Kneeling  
-use support-