

Active labour positions

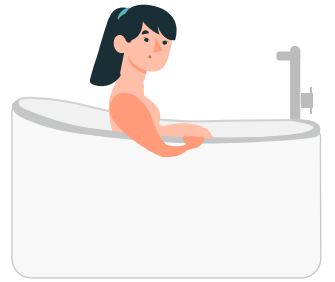
Choosing the right position during labour can help you feel more in control, ease pain and aid in opening your pelvis for a smoother birth.



Swaying or walking and holding a support person during the contractions



Kneeling, using a chair or birthing ball (yoga or 'fit' ball) for support



Sitting or kneeling in a bath



Leaning forward over the bed



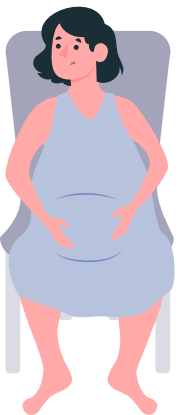
Kneeling on hands and knees to help reduce back pain



Squatting, using a birthing stool or ball



Standing and moving in the shower



Sitting and rocking on a chair or edge of the bed



Sitting backwards on a chair, with arms resting on the back of the chair



Sitting on a chair leaning forward



Lunging with one foot up on a chair or stool