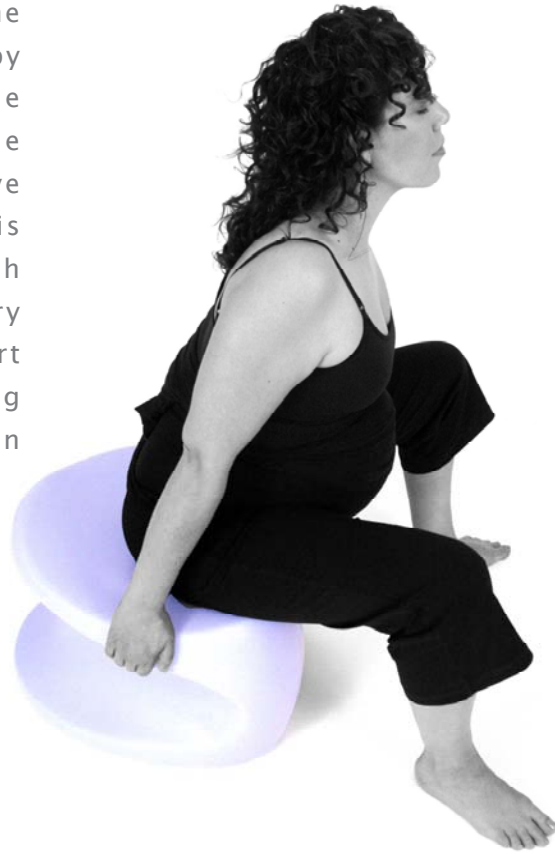


positioning



squat

Squatting during delivery increases the pelvic opening helping to draw the baby further down into the pelvis. From the seated position on the back ridge of the stool, slide your body forward to achieve a squat supported by the front ridge. This squatting position helps to open the birth canal, easing the baby's passage. Try squatting both with and without the support of your Kaya stool. Practicing squatting during pregnancy will help to strengthen your legs for squatting during birth.



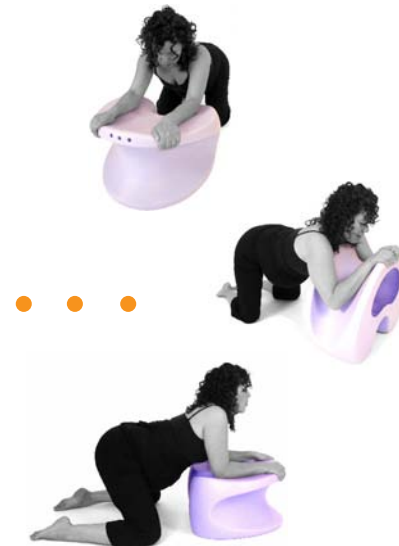
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The upper surface of the Kaya stool is designed to allow you to move comfortably between a seated and a supported squatting position by shifting between the front and back ridge. This can help in comfortably moving into and out of a resting position during labour. Reaching back just behind your thighs in a seated position you'll find that the rear sides of the stool can be used to grip as handles.

sit

kneel

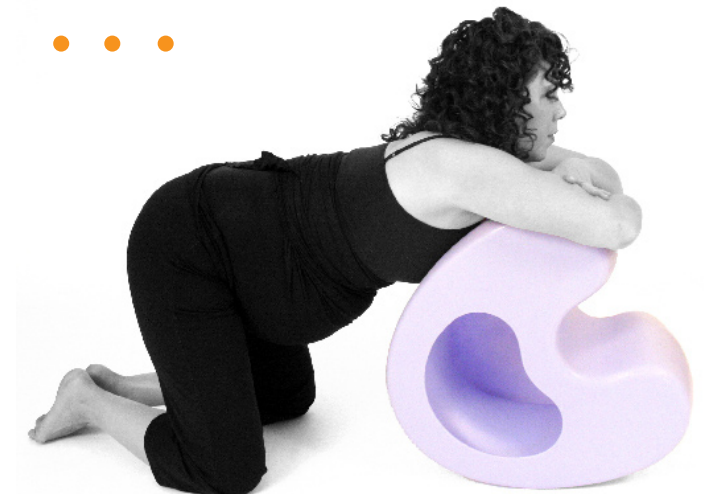
Many women find that kneeling reduces pain during delivery. It is an ideal position in the first stage of labour, helping with the strength, frequency and regularity of contractions. The Kaya stool can be used to support a kneeling position during contractions as well as while resting in between them. Kneeling (or standing) with the upper body leaning forward also helps the progression of labour during the second stage. If your baby is posterior or you are experiencing back labor, this position can be comforting. It allows your doula or partner to massage your back or apply counter pressure to help you be more comfortable.



Movement during labour is important, and is a great way to help in coping with pain. Your Kaya stool can support a rocking or swaying motion in a number of orientations. Rocking uses gravity to help with the progression of labour and can help to advance dilation of the cervix. Swaying, walking and other movements can all help you deal with the pain of contractions.



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move

recline



- • • Your Kaya stool can be used as a comfortable leg support in a reclined position on either your back or your side. The 'froggy' position, seen here, is a comfortable resting position, and can be used after an epidural has been administered. Side-lying takes pressure off of the back, and helps to open the pelvis. It can also help with the intensity and efficiency of contractions during the first stage of labour.



The stork position, with one foot on the seat of your Kaya stool, can be used with a light lunging motion. This position is useful in progressing labour during its first stage by increasing the efficiency of contractions, helping them to successfully dilate the cervix.

stand



- Your partner can provide both physical and emotional support seated on the back ridge of the Kaya stool, or kneeling behind it during labour and delivery. 'Dangling' with the support of your partner, whether gripping their shoulders or knees, with them standing, kneeling, or seated in front of you, can be a great way to relieve pressure on your body and also provide a nice light stretch.

partner



- In the time leading up to your delivery, the Kaya stool is a great tool to help you get comfortable with positioning for your upcoming birth. You and your partner can experiment together with the positions that you find most comfortable, so that during labour you can be ready to easily transition between the ones that work best for you. Massage can help to create a calm and intimate atmosphere during labour, and is a great way to use the Kaya stool in your home before and after your birth. The stool can also support you during light stretching and any exercises recommended by your health care provider, such as Kegels, or perineum massage.
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at home



The Kaya stool can be fully submerged in a tub or birthing pool by lowering it so that the large hole is at the bottom, and the 3 small holes are tilted slightly upwards in order for air to escape as the interior fills with water. In deeper pools the stool may be used in its upright position to support a seated or squatting position. You can also try changing the orientation of the stool to support you as you move and change position in the water.

in water