



LABOR POSITIONS

birth toolkit

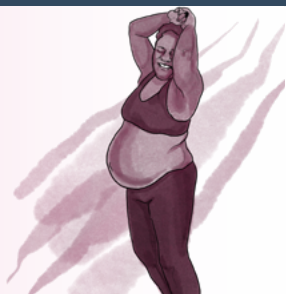


[m]otherboard

ACTIVE



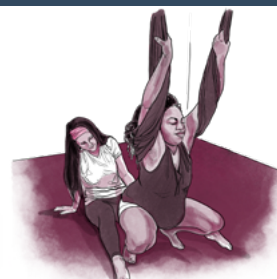
CURB WALKING



DANCING



DANGLE



HANGING SQUAT



FORWARD INVERSION



LEAN AND SWAY



BELLY LIFT AND TUCK



STAIRS



SUPPORTED SQUAT



WALKING

REST



EXAGGERATED SIDELYING



FROG SEATED



HANDS AND KNEES



SEATED



SIDELYING RELEASE (SIDE)



SIDELYING RELEASE (TOP)



TOILET SITTING



SIDELYING

RESTING POSITIONS

Great for long labors, epidurals, or if you just need to rest for a bit.

Find ways to support yourself with pillows or birth/peanut balls.

With Sidelying Release, make sure hips and shoulders are stacked and you're right up to the edge of the bed (almost falling off). Hold for 3 minutes and be sure to do both sides.

BACK LABOR



PRE-SQUEEZE



DURING SQUEEZE



HIP SQUEEZE



2-PERSON SQUEEZE

BACK LABOR

Hip squeezes and counter pressure (pressing on lower back) can ease back labor.

Consult Spinning Babies® for more ways to help baby turn to face your back!



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[m]otherboard

BALL / PEANUT BALL



LEANING



SITTING - HIP CIRCLES



CURLED FROG LEGS



FIRE HYDRANT



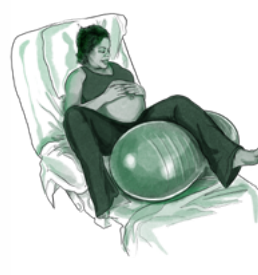
FIRE HYDRANT



EXAGGERATED SIDELYING



FLYING COWGIRL



SIDE LUNGE



SEMI-SIT LUNGE



SIDELYING



STRADDLE



STRADDLE - SQUAT BAR



SIDE CURL

USING BALLS

Balls can help you rest while still supporting your body and keeping it soft, relaxed, and open.

Make sure you're using a ball that is the right size for your body.

Ask your place of birth if they have balls or bring your own.

ASYMMETRY



CAPTAIN MORGAN



STAIRS



SIDE LUNGE



ASYMMETRIC TOILET SIT



CURB WALKING

ASYMMETRY

Asymmetric positions can help your hips open in unusual ways, helping your baby come down.

NOTES: