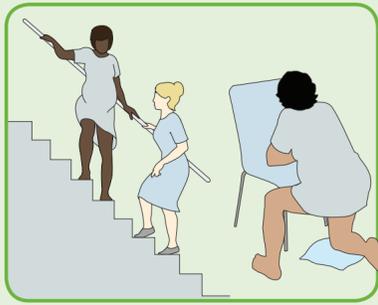


Positions for labour and birth

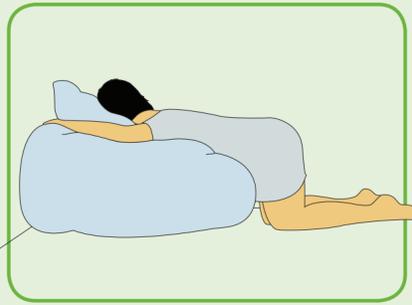
Positions to make your labour shorter and easier



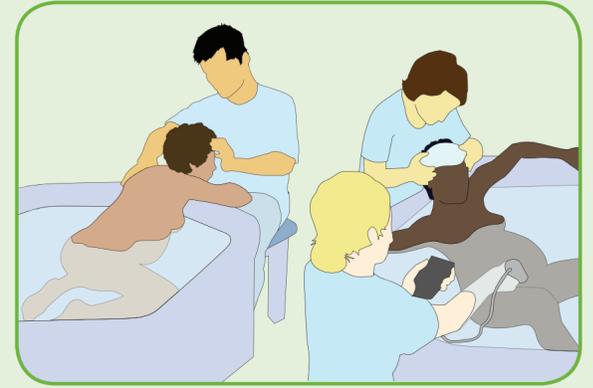
Close physical contact, encouraging and soothing words, and eye-to-eye contact help



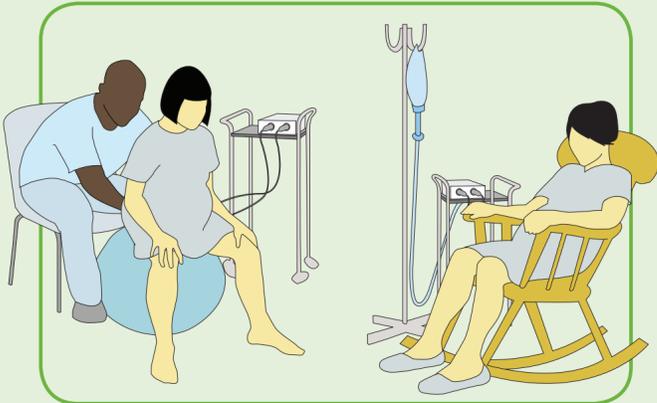
If progress slows your midwife may encourage you to walk up stairs sideways to help your labour along or try kneeling on one knee



Although most delivery rooms have a bed, remember lying on your back slows labour. Try lifting your bottom and leaning forward with each contraction



Warm water can be very soothing. Contractions are often less painful in water. You can also be monitored in the pool



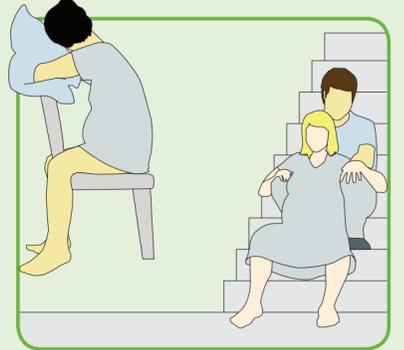
Rocking is often comforting. If you need continuous monitoring then you can still be in the upright position



Firm pressure or massage on your lower back can help during a contraction



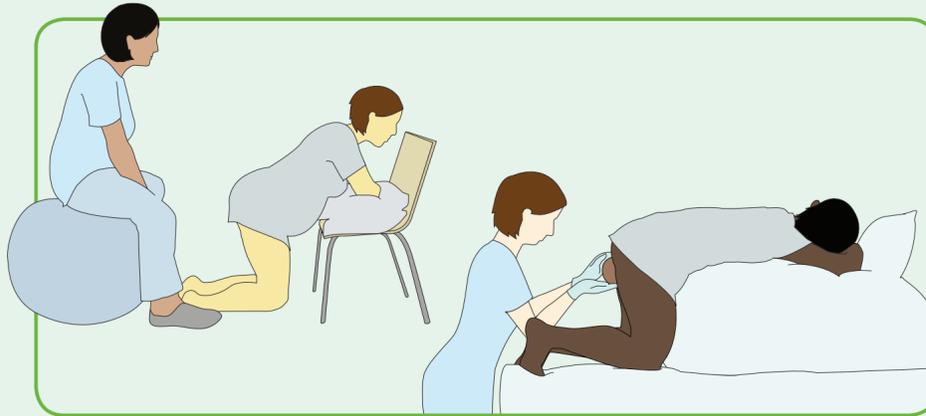
To help your baby ease down into your pelvis you could try swaying your hips from side to side against the wall or swaying from side to side holding onto an open door



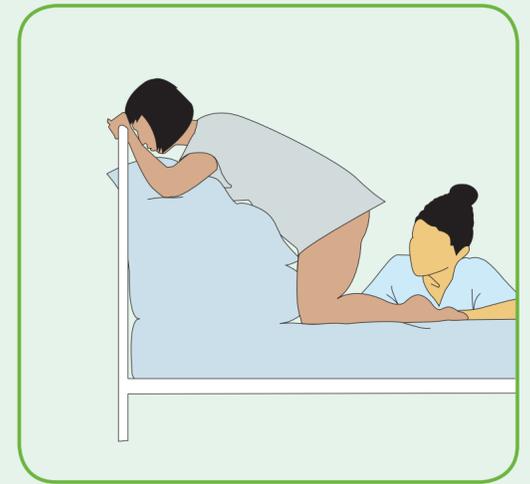
If you need to rest, rest with your feet lower than your bottom to keep your pelvis open. Make use of whatever you have to stay upright

Positions to make the birth of your baby easier

"You know it's going to be painful (but) you have absolutely no idea what it's really like... it's true that you soon forget. I have no bad memories. I just remember this huge rush of love and relief"



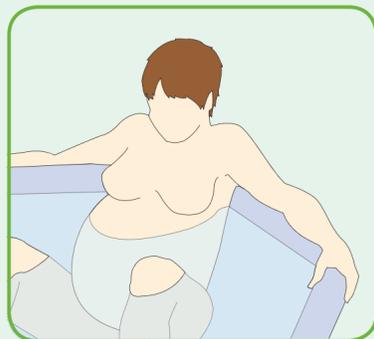
Try kneeling if you are tired. "As the contractions got stronger, I went on my hands and knees and it seemed to ease the weight on my back"



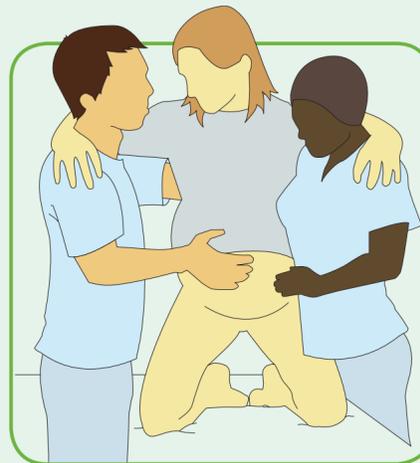
Blowing out during contraction can help



Your pelvis will open wider if your knees are lower than your hips



Being in water can help you move around easily to give birth



Work with your midwife to find the right support to help you stay upright

