Positions for labour and birth

Positions to help make your labour shorter and easier

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

Blowing out during contraction can help

“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”

You did it!

NCT Helplines

Pregnancy and Birth Line
0300 330 0772

Shared Experiences Line
0300 330 0774

NCT’s full range of information leaflets are available from NCT Shop at www.nctshop.co.uk or 0845 8100 100.

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

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

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

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

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

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

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

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

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

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

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”