

# Positions for labour and birth

## Positions to make your labour shorter, easier and more comfortable



NCT information sheet

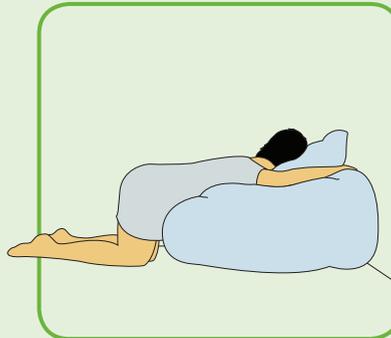
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1ST 1,000 DAYS

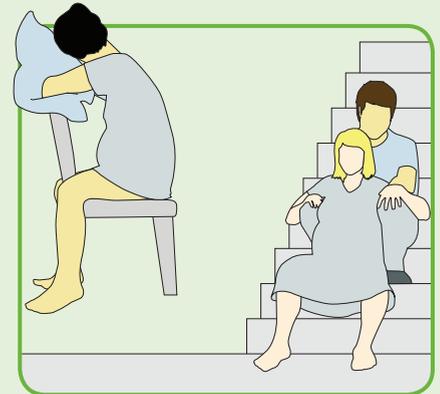
NEW PARENT SUPPORT



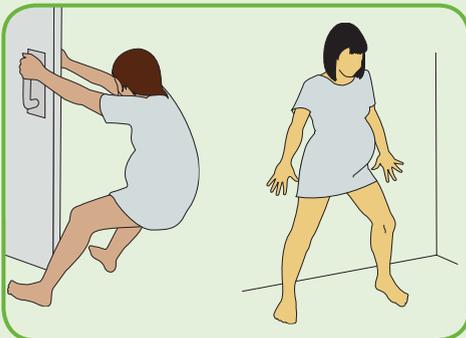
Close physical contact, encouraging and soothing words and eye to eye contact can be helpful support in labour.



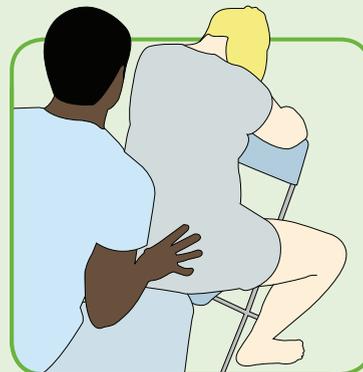
Although most birth rooms have a bed, labour may slow down if you lie on your back. You might like to kneel or sit up and lean forward with each contraction so gravity is working with you.



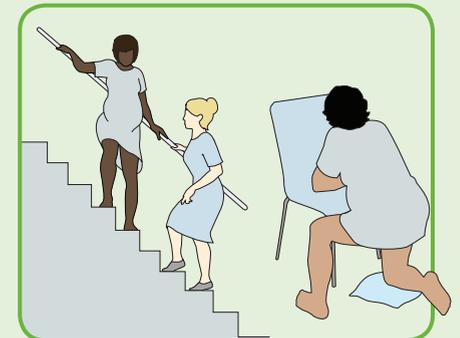
When you rest, try and rest with your feet lower than your bottom. This will keep your pelvis open and make more room for your baby. Make use of whatever you have to stay upright



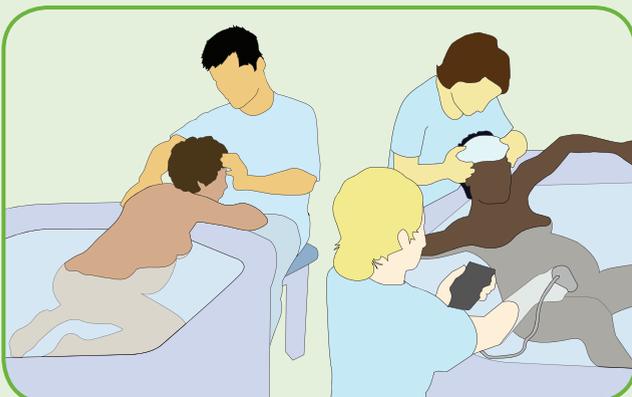
To help your baby ease down into your pelvis you could try swaying your hips from side to side against the wall or swaying from side to side holding onto an open door



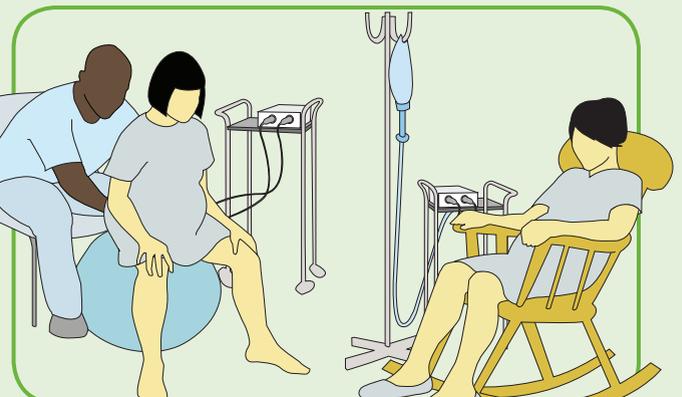
Firm pressure on your lower back can help ease discomfort and backache. Gentle rhythmic massage can compliment your breathing and help keep you calm and relaxed during your contractions.



If progress slows down and you are concerned, try walking around and keeping active. Walking up stairs sideways can help your baby move into a good position as well as kneeling on one knee.



Evidence suggests that warm water can be soothing during contractions and enable you to produce your own pain killing hormones (endorphins). You and your baby's progress can be easily monitored in a birth pool.



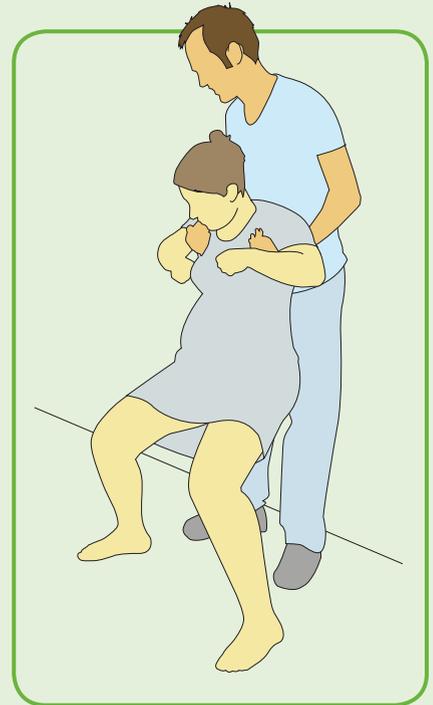
Many women find rocking is comforting and supportive during contractions. If your labour needs to be continuously monitored, you might find sitting on a birth ball or rocking chair is more comfortable than being on a bed.

# Positions to make the birth of your baby easier

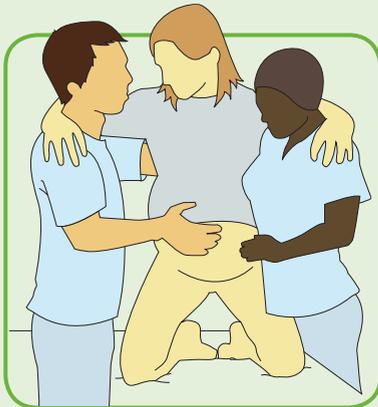


If you are feeling tired, try kneeling forward as this takes the pressure off your back and opens up your pelvis for your baby to move down.

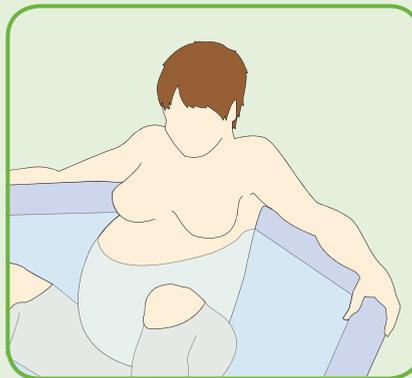
If you are feeling tired, try kneeling forward as this takes the pressure off your back and opens up your pelvis for your baby to move down.



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

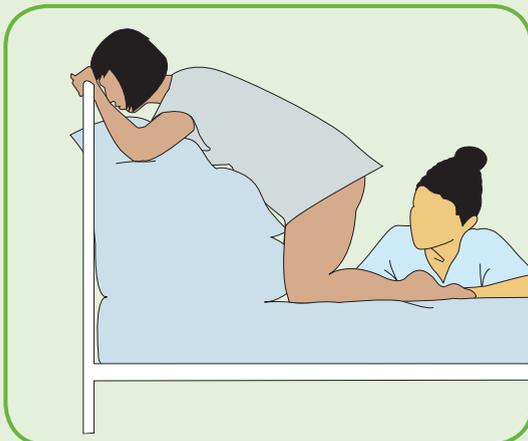


Communicate with your midwife and birth partner, as they can help you to stay more upright and active. This can help your baby move down to be born.



Being in warm water can help you feel more relaxed, mobile and comfortable as you give birth to your baby.

“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”



Some women find blowing out and breathing as their baby moves down can really help during second stage contractions.



## Congratulations You did it!

Being skin to skin with your baby when they are first born helps them to get to know you, keeps them warm and helps with breastfeeding.