

Sitting on Birth Ball.

Rotate hips to soothe lower back and to help get contractions going.

(Rotate to dilate)

Can use to rest between contractions

Opens hips and pelvis and encourages good pelvic position.



Partner Massaging Back on Birth Ball

Partner can support weight if getting tired.

Can help if feeling contractions in the back.

Use heat pads/cool packs depending of preference.

Partner can apply pressure where needed.

Partner can draw on the back, (suns, rain and hearts are effective things to draw)

Using Gravity effectively and promoting good pelvic position.



Lie over Birth Ball

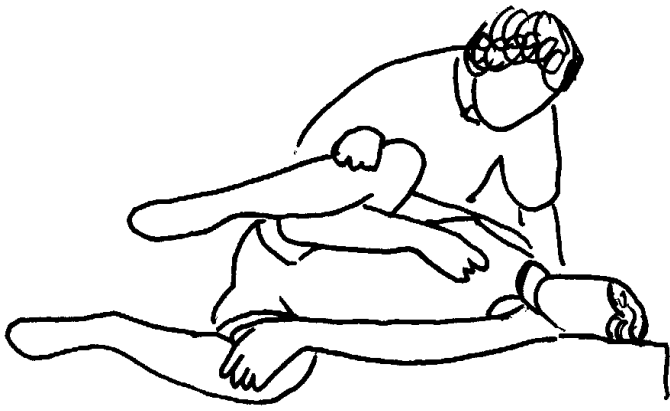
This is a good position for contractions

Put cushion under knees

Can rotate birth ball to take pressure off back

Partner can massage back

Effective use of gravity
Promotes good pelvic and foetal positioning



Side Lying

Good option if need to be on bed

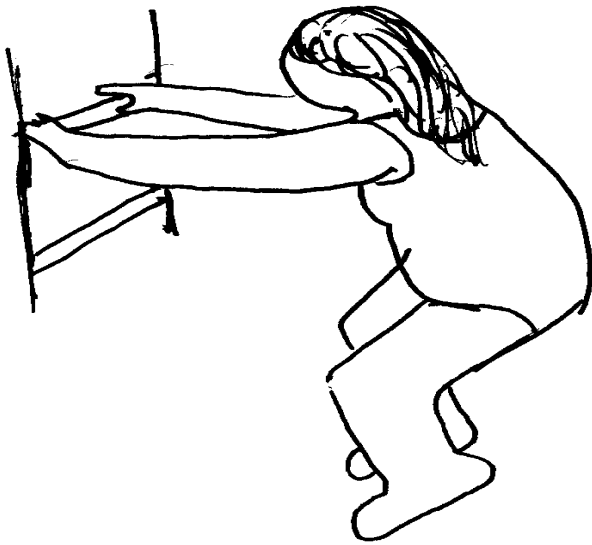
Keeps pelvis open

Allows midwife access

Partner can keep leg up

Can be used to push baby out

Good if you need a rest.

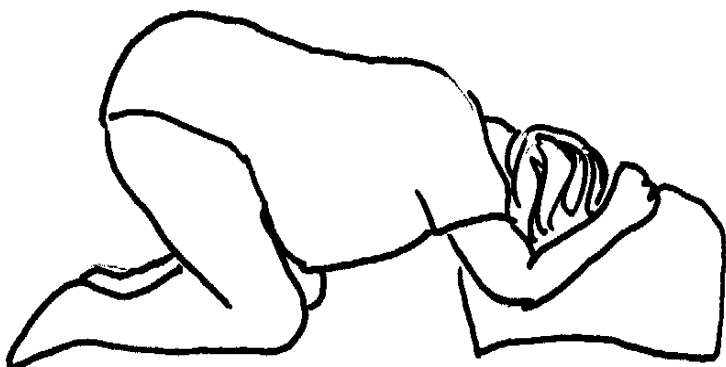


Swinging

Use a door or any solid handle to take your weight so you can swing from side to side.

Helps get contractions going

Allows you a more supported squat position.



Polar Bear Position

Takes pressure off back

Partner can massage back

Can easily move from side to side/rotate

Good for contractions and birthing baby

Promotes optimal foetal and pelvic positioning

Can be used on the bed

Resting over Back of Bed



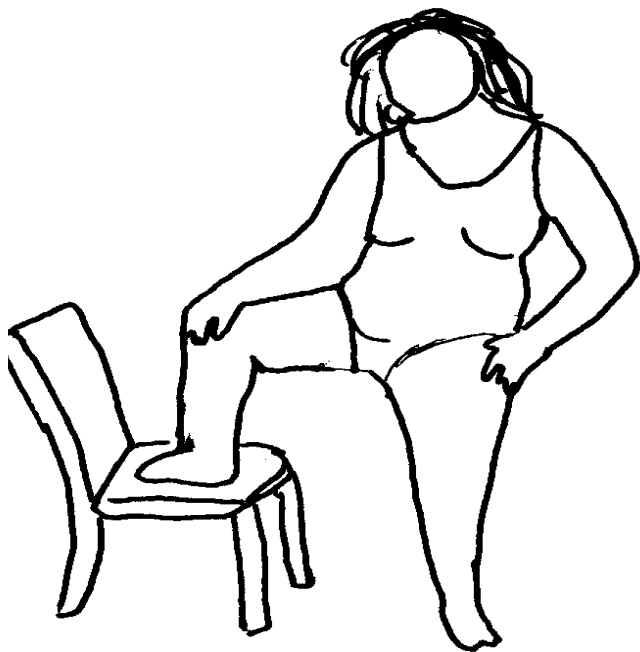
Good position for conserving energy

Works with gravity

Partner can massage back

Promotes good pelvic and foetal positioning

Lunge



Opens pelvis wide

Uses Gravity to move baby into optimal birthing position

Move into lunge at beginning of contraction

Can help with a stalled active labour

Supported Squat



Prop Pillows behind to support back

Uses gravity

Can be used on bed

Partner can hold legs.



Squat

Opens pelvic floor

Utilises gravity

Can be tiring so can use something to pull on to keep steady



Leaning on Partner

Skin on Skin Contact, eye contact for optimal oxytocin release

Good for encouragement

Good for when tired

You can both sway from side to side to help release tension and promote active labour



Supported Squat with Partner on Chair

Opens pelvic floor

Utilises gravity

Allows partner to support you with the help of a chair if they are getting tired

Partner can whisper birth mantras and support into your ear.

Leaning on Wall



Can move from side to side to 'Rotate to dilate'

Good position to do in early stage of labour when you are having a walk to get labour going.

Can rest head and shoulders on wall to rest.

Robozo



Partner can use a long piece of stretchy material to support the bump and take pressure off the back.

Can do this on all fours, standing up or even squatted.

Sitting on the toilet



Sitting on the toilet helps the body to release and relax. We spend our entire lives expelling things out of our bodies on the toilet and our body has been trained to release when we are on it.

It also has all the benefits of a squatting position.

Have something under your feet so your knees can be higher to open hips and fully utilise gravity.