Positions for labour and birth

Positions to make your labour shorter and easier

- Firm pressure or massage on your lower back can help during a contraction
- 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 progress slows your midwife may encourage you to walk up stairs sideways or try kneeling on one knee
- Close physical contact, encouraging and soothing words, and eye-to-eye contact help
- Rocking is often comforting
- 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
- Warm water can be very soothing
- Contractions are often less painful in water

If you need continuous monitoring then you can still be in the upright position

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”

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

“...it’s true that you soon forget. I have no bad memories. I just remember this huge rush of love and relief”

Positions to make the birth of your baby easier

Try kneeling if you are tired

Blowing out during contraction can help

You did it!

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