

How to stay comfortable during labor



Raising 1 leg

This can help your baby turn. Try your right leg and your left leg, one might feel better.



Sitting

This position can help your baby come down. It might also help with the pain.



Standing

This can help your baby come down. Slow dancing or hugging can help you relax.

Squatting

This position will help open up your hips. You can try this position during labor and while you're pushing.



On all-fours

This position can help your baby turn. Leaning forward can help with any back pain. You can push in this position.





Lunging

This position can help your baby turn and come down. If you want to push like this, make sure someone is there to catch your baby.



Kneeling and leaning forward

This position helps turn your baby and helps your baby come down. This position is good if your back hurts. You can push in this position.



On your side

This position can help you rest and save energy. Contractions (labor pains) may come less often but might be more painful in this position. If you want to push in this position ask someone to help you by holding your top leg.

Rocking

Rocking back and forth can help you relax. Rocking can also help you focus and feel less pain.



Adapted from www.mayoclinic.org

Talk to your CHN health educator or provider if you have more questions!