



MOVEMENT DURING LABOR AND DELIVERY

While many women end up birthing on their backs, movement and position changes speed up the labor process, decreases pain, and decreases risk of c-section and other interventions.



WORK WITH GRAVITY

When you are in an upright position, gravity assists you in moving the baby downwards and allows your uterus to contract more efficiently - ultimately speeding up the labor process and helping your baby out.

CHANGE POSITIONS OFTEN

Moving and changing positions frequently moves the bones in your pelvis to help your baby fit through your birth canal. It also provides distractions from discomfort and eases muscle tensions.

POSITIONS TO TRY

- standing or walking
- kneeling on hands and knees
- leaning against a wall bed or partner
- squatting

THE EVIDENCE

- Evidence shows that the outlet of your pelvis widens while kneeling or squatting
- The first stages of labor is an average of 1 hour and 22 minutes shorter for people who move around and change positions.
- Research has found that people who remain upright during the second stage of labor have decreased pain.