8 Key Labor Positions Proven to Help Labor Progress

Lamaze suggests these 8 labor positions to help you progress through labor. Practice these positions at home with your birth partner and bring this sheet with you on the big day as a reminder of how you can keep moving!

Walking/Standing



Benefits

- Uses gravity to encourage descent
- Helps encourage baby into good position for delivery
- Provides a distraction
- Being upright and staying active during labor can help increase comfort, shorten labor and avoid cesarean section

How To

• Grab your partner and take a stroll

Slow Dancing



Benefits

All of the above, plus:

- May be more restful than standing
- Allows partner to provide physical support
- Allows you to move your hips in rhythm with contractions or music
- Moving your hips can increase your comfort and help baby descend

How To

- Slow dance with your partner and sway to the rhythm of music or your contractions
- Move your hips to increase your comfort

Squatting



Benefits

- Uses gravity to encourage descent
- May help rotate baby into an ideal delivery position
- May increase pelvic diameter by as much as two centimeters
- Allows the freedom to shift your weight for comfort

How To

- Squat with your feet flat on a sturdy, low surface and hold a squatting bar, sheet, rebozo, support person or strong piece of furniture for stability
- Keep feet wide and don't let your knees pass your toes
- You can also sit on a toilet or birth ball to achieve this position
- Allows partner or doula to gently massage your belly in circular motions

Using a Rebozo



Benefits

- May help increase comfort
- May help baby rotate into a favorable delivery position, especially for a baby that is face up
- May relieve uterine ligament tension or back pressure

How To

- Use a woven shawl (rebozo) or a sheet that is about 5-7 feet long
- While on hands and knees, have partner place rebozo around your bolls.
- Using gentle, tiny jiggling movements, shift the rebozo from side to side

Consult your professional labor support team before attempting this position.

Lunging



- Helps open your mid-pelvis
- May help baby rotate to a more ideal delivery position
- May help relieve back pressure
- Can help when labor stalls

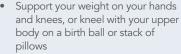
Standing:

- Place one foot on the floor pointing forward and raise your opposite leg onto stairs or a chair positioned beside you
- While facing forward, point your raised foot at a right angle to the foot on the floor and gently lunge in toward your raised knee and stand straight again
- Don't let your knees pass your toes

Kneeling on Hands and Knees



- Can relieve pressure on your back
- Can help baby rotate to a more favorable delivery position
- Allows for rocking hips
- Allows partner to provide back massage, counterpressure (very firm massage against the lower spine) or applications of warm or cold compresses



Once in this position, you can also lean forward to bring your knees towards your chest

Sitting



- Uses gravity to encourage descent
- Can be used with continuous electronic fetal monitoring
- Encourages rhythmic movement
- Good for resting
- Sitting on toilet can help release perineum muscles
- Allows partner to provide back massage, counterpressure (very firm massage against the lower spine) or applications of warm or cold compresses

How To

- Straddle a chair, sit on a toilet or a firm but not hard birth ball - keep your knees lower than your hips to allow baby to rotate
- Sway right to left or back and forth





- Helps get oxygen to the baby
- Can use with epidural
- Used during pushing and delivery, can lower chances of tearing or the need for episiotomy
- Helpful if you have elevated blood pressure
- Can slow a birth that's moving
- Can relieve hemorrhoid pain discomfort

• Lie on your side with a pillow or peanut ball under your top knee for



