



Promoting Vaginal Birth

# Labor Management Support Class

2021

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Helpful resources and links  
from ILPQC Labor  
Management Support Class

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## ILPQC Labor Management Support Class Helpful Resources

- Florida Perinatal Quality Collaborative (FPQC) Helpful Resources
  - [Standard Definitions of Labor](#)
  - [Why Positioning in Labor Helps](#)
  - [Rotating a Malpositioned Baby](#)
  - [Peanut Ball Positions](#)
- Spinning Babies® Helpful Resources
  - Spinning Babies® [website](#)
  - [Spinning Babies® View on Fetal Positioning Video](#)
  - [Sidelying Release Position with Gail Tully Video](#)
- Optimal Maternal Positioning® Helpful Resources
  - Optimal Maternal Positioning® [website](#)
  - [Pelvic Side release position](#)
  - [Peanut Ball Positions](#)
  - [Abdominal Sifting](#)
- CUB® -Comfortable Upright Birth Support
  - CUB® [website](#)
  - [Demonstration video](#)
- Penny Simkin [website](#) with helpful strategies and videos on patient positions for labor
- Miles Circuit [website](#) to help promote optimal fetal position for labor
- Evidence Based Birth®
  - Evidence Based Birth® [website](#)
  - [YouTube Channel](#)
- Additional Helpful Videos for patient positions
  - [Abdominal Lift and Tick demonstration video](#)
  - [Flying Cowgirl demonstration video](#)
  - [Closed-Knee Pushing demonstration video](#)
  - [Walcher's Technique demonstration video](#)