Promoting Vaginal Birth

Labor Management Support Class 2021

Helpful resources and links from ILPQC Labor Management Support Class
IGPQC 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