

Birth Positions



BELLY, BIRTH
& bubs



Birth



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Positions

Laying on your back



If you can avoid being on your back. Research has show this can cause the most harm to birthing woman.

If you can move the bed to achieve this position. Put the back upright and flop over it. This is a great position if you need to be on a bed. You can still be monitored in this position

Leaning over the bed



Hands and Knees



This is a great position to create space for baby. Can help baby move into a good position can relieve back pain

Making yourself comfortable, you can lift your hip to where it feels good.

Slight Inversion



Using back of couch



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Relaxation Couch



Relaxtion - Knees



Hands and knees can get tiring, this is a great alternative. You can also use the hospital bed, or kitchen counter with your legs straight and sway your hips. Help to open you up and takes pressure off your back

Great position for when you're getting tired. Helps pelvis open. Great for doing surge breathing.

Relaxation - Couch



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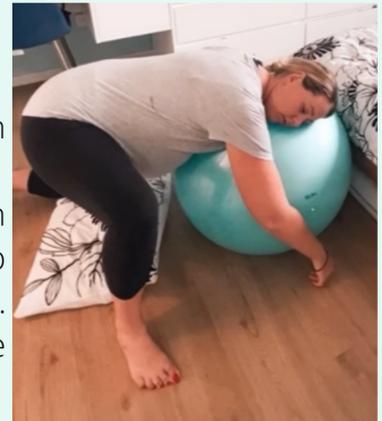
Birth Ball - Relax Position



Using the birth ball and relaxing on your birth partner is an amazing position. Allows you to move if you need (easily). If you straight up on the ball, great access for birth partner to do soft touch massage. Personal favourite in my birth

- Make sure to have something under your knees. Great position to relax during surges. Allows you to move and roll with each surge, but also allows you to flop when needed.
- Leg up helps create more space
- Use which ever leg feels better.

Leaning on Birth Ball



Circles on Birth Ball



This position is great throughout pregnancy and to use in labour. Helps open up pelvis. You can roll in circles or back and fourth. Allows you to roll with your breath. If you need to relax more put it next to the bed to around chest height and fold onto it.

- This is a great technique if you need to create more space for baby.
- Can be uncomfortable for long period of time, you can use it when needed.

Toes Out



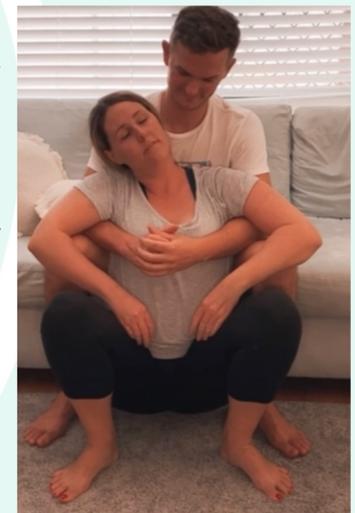
Fan Fav - Relax Birth Ball



Absolutely amazing position during labour. Also a great position end of pregnancy. Can help relieve pressure off your back

- Can do this with partners support or with the birth ball behind you. This is an unnatural position due to modern cultures
- Worth practicing prior to labour (once you know baby is head down). Partner will need to help take full weight of partner..

Squatting Position



Standing Leg Up



Standing is a great position as it allows gravity to really assist in bringing baby down. You can put your leg up if it feels right. Can help create space. You can get your partner to support you from behind, by placing their arms under your arms or around your chest. Again either leg, what ever feels right for you.

- Walking is great during pregnancy and early labour. Will help labour to progress and open you up. You can walk slowly, dance.. however feels right for you.

Walking/Dancing



The more you use your birth ball during pregnancy the more familiar it will be for labour. Make sure to get one for your height (knees below hips when sitting). You can place a towel under the ball and over the ball to make it more comfortable and easier to roll steadily. Birth Balls are great to use in the shower! Make sure you take yours with you in the care incase the hospital one is being used.

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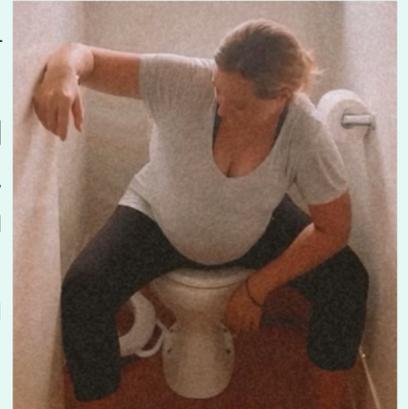
Positions

Using a chair



You can use a chair if you do not like the birth ball. Offers same benefits apart from being easy to move and roll with each surge. If a chair feels great for you during labour, trust your body. In the picture I have a leg up to create space

Toilet sitting



Toilet sitting is incredible for birth. It is great for opening up pelvis. Your body will naturally take you here, because in early labour you might empty your bowels, and in final stages you'll feel like you need to poo... this is baby's head

Using a chair - relax



You can really flop over the back of the chair and relax. Great position in pregnancy for watching Tv - we go into detail amount this during our hypnobirthing class.

Side laying



Good position if you are tired or have had an epidural. You can either use your birth partner or a peanut ball. Helps to keep pelvis open. You may need to play around with this position as you find what is comfortable for you. Can do it on the floor or bed

Using a chair



Allows your to relax. Same as the birth ball. Make sure you have a matt under your knees. Great position for light touch massage.

Using a wall



Being up right will allow gravity to help baby move down. Can relieve back pain. Use the wall however feels comfortable. Sway your hips from side to side if it feels right.

Slow Dance



Slow dance creates a lovely bond with birth partner. Birth partner needs to take the birthing mothers weight. Move how feels comfortable, feet hip width apart. You can be up straight or bend at the hips what ever feels good in the moment. Then sway slowly as your 'slow dance' together.

Relaxing on partner



If you are tired or on a bed this is helps lift the mother up so that were using gravity remember we want to avoid being on our backs if possible. Allows birth woman to relax and regain energy. Perfect time for small kisses and lots of words of encouragment..

Make these positions your own and move into what feels right.



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Water births

Allow your body to move how it need to.
Use the side for support when resting
Pool noodle can help support birth mother

Showers

You can use many of the positions Ive shown
you above.

Place a towel on the floor and over the ball
to help stop you slipping.

Good Luck for your birth.

I believe in you! Trust your body, trust your instincts,
YOU GOT THIS!!

I hope this document has come in handy for you
during your birth.

You can help me greatly by showing support in liking my
Instagram and Facebook page
@bellybirthandbubs



I would love for you to tell me which positions you used
and
to send me photos of your gorgeous little hypno bubs.