# Positions for Laboring Out of Bed

## WALKING, STANDING, AND LEANING



- · Helps stimulate effective contractions.
- · Works with gravity.

### KNEELING







- · May relieve back pain.
- · Helps baby rotate to most favorable position: occiput anterior (OA).
- Relieves hemorrhoids.

#### SITTING



- · Uses gravity to help baby's descent.
- · Allows rest between contractions.

## SQUATTING









- · Uses gravity to help baby's descent.
- · Opens pelvis to provide more room.

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