

# 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.

