

## Positions to make your labour quicker and easier



Keeping mobile and upright will help your labour to progress and will often make it easier to cope with contractions.

Many women find being in water helps them get into good positions for labour and cope better with their contractions.



If you need to have continuous monitoring of the baby's heart beat, you can still adopt upright positions in labour.



## Positions to help you birth your baby easily



When pushing try out different positions to see what works best for you. If you can stay upright you will have gravity to help you. Keeping your knees below your hips will open your pelvis wider, giving your baby more space to move through.

If you need a rest, it is better to lie on your side, rather than on your back.



If you need or want to be on a bed, it is still possible to adopt good positions for labour and birth.



Water can help you move around easily. You can choose if you would like to give birth in the water, or if you would prefer to get out at this point.

