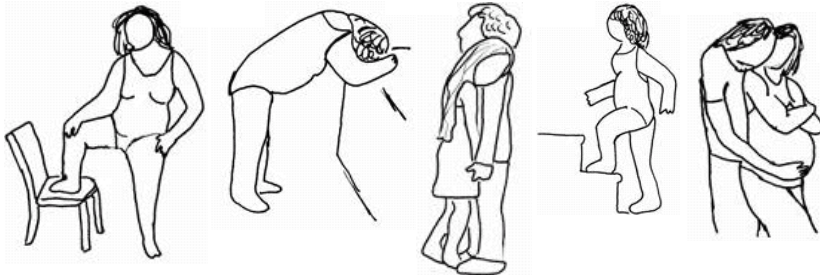


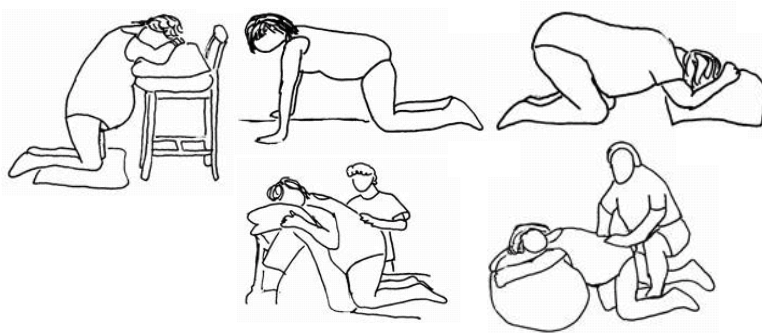
Positions for an Active Labour

Walking, Standing, and Leaning



- Helps enlist gravity to stimulate effective contractions.
- Keeps mom moving and an active part of her labour.

Kneeling



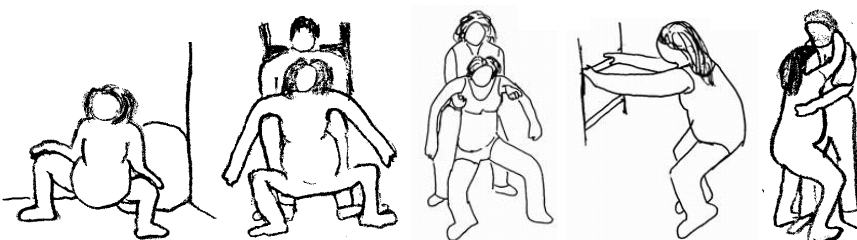
- Assists in relieving back pain.
- Helps baby rotate into the optimal position (occiput anterior).
- Relieves hemorrhoid pain.

Sitting



- Uses gravity to help baby's descent.
- Allows rest between contractions.
- Keeps pelvis open.

Squatting



- Uses gravity to help baby's descent.
- Opens the pelvis to it's greatest diameter.