

# Positions for Laboring Out of Bed

## —Walking, Standing, & Leaning—



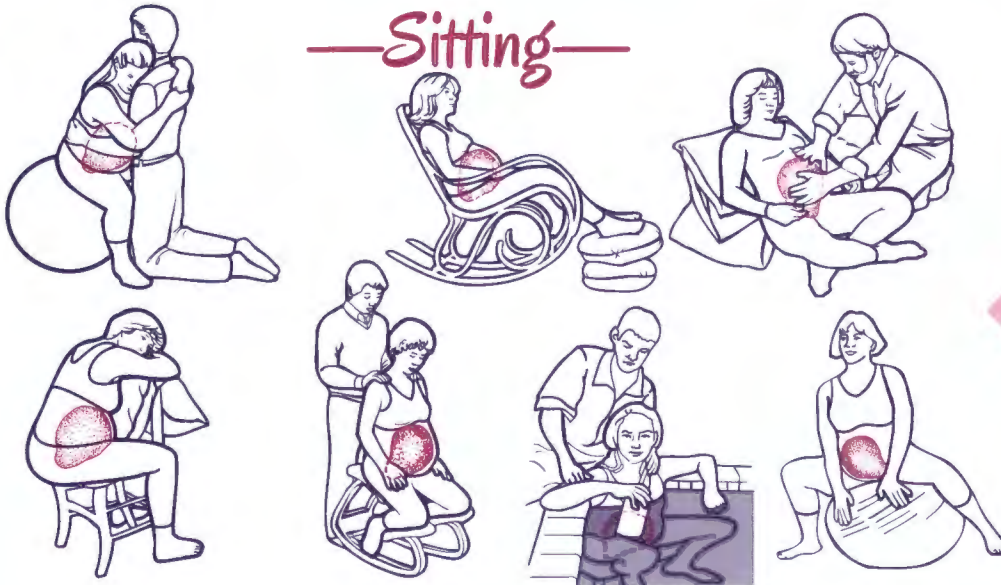
- May help stimulate contractions
- Uses gravity to help baby's descent

## —Kneeling—



- May relieve back pain
- Helps baby rotate to more favorable position: occiput anterior (OA)
- Relieves discomfort from 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