

Pushing Positions

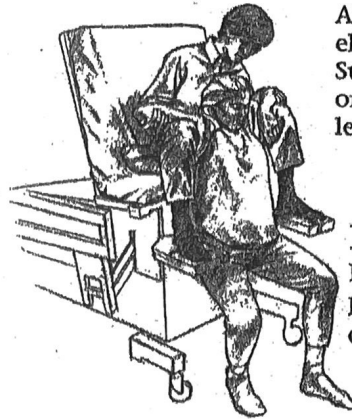
Standing

Helps open top of pelvis. Allows mother to lean forward or sway her pelvis to help the baby rotate.



Supported Squat

Allows mother to elongate her trunk. Support reduces pressure on her pelvis from her legs.



All Fours

Helps baby rotate. Allows mother to sway or tilt pelvis to encourage rotation more.



Dangle

No pressure on pelvis from any direction.



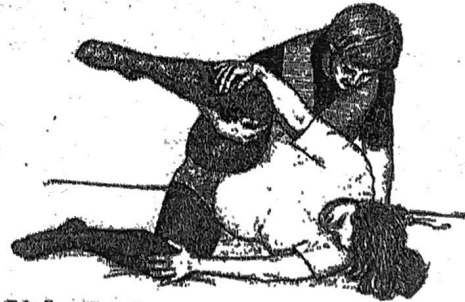
Kneeling

Allows mother to lean forward or sway or tilt her pelvis to help baby rotate.



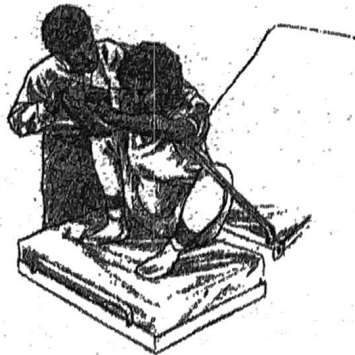
Raise One Leg

Helps rotation by stretching pelvis open a little more on one side.



Squatting

Helps open bottom of pelvis. (Partner: Make sure she puts one knee on the floor and straightens her back before she stands up.)



Rest leaning on backrest between contractions.

Side-Lying

Restful for tired mother. Partner supports her thigh and keeps her from rolling on her back.

Semi-Sitting

Common birth position, but it may push tailbone inward.

