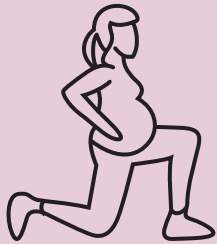


Get On Up

Upright positions help move baby down and reduce pain. Change positions to prevent fatigue and muscle soreness.



Lunge

The lunge helps open the most narrow part of your pelvis. Have a chair or stool next to you as you face forward. Have one foot flat on chair, during contraction, rock forward and back to standing. Repeat through entire contraction.

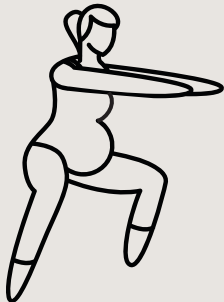
* Remember to do on both legs.



Walking

Walking can help your pelvis move about more freely and help gravity assist your baby in moving down into your pelvis.

** If contractions are too strong to walk through then stop. Rock hips through contractions and continue walking when contraction is over.



Squat

Squatting may take some pressure off your back, also allows pelvis to open and give baby room to move down.

Start with your legs at least shoulder width apart and feet flat on the floor. Hold on to couch/chair or support person's hand and squat down during contraction.



Rocking / Swaying

In early labor, rocking back and forth during a contraction can feel soothing. Swaying back and forth allows pelvis to move and encourage baby to descend.



Hydrate / Relax

Hydration and rest during early labor is also important! Take a break, put on your favorite calming song. Practice breathing... taking deep breaths through your nose. Breathe out slowly through pursed lips. Make sure to drink plenty of water!



Birthing Ball

Rock back and forth, moving pelvis in circles or figure eights. The birthing ball can help you maintain an upright position. This helps gravity pull the baby's head down into the pelvis. Sitting on the ball with legs wide apart can help open your pelvis.