



Affirmations and Labor Positions

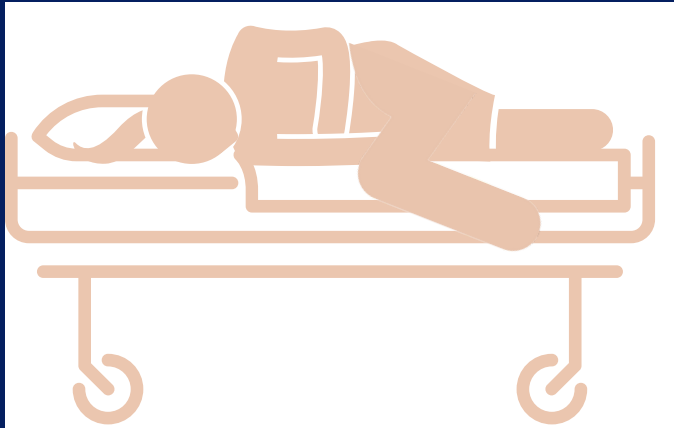
My surges
cannot be
stronger than
me because
they are
me

be proud
of your
progress

I am
LOVED

YOU ARE
a
WARRIOR

I am
POWERFUL



Side Lying

Vary sides
Can loosen ligaments.



Backwards Chair

Still upright and using gravity, but can rest and have a back massage ;)



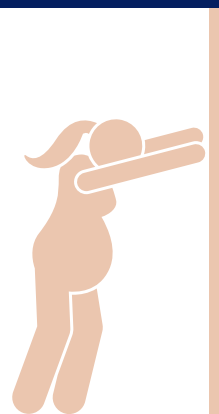
Squat Bar

Can be used in bed/with epidural
Squats widen pelvis and utilize gravity



Birth Ball

Gentle bottom counter-pressure
Less tiring than squats
Keep knees apart to widen pelvis.



Standing Lean

Gravity again!
Leaning forward reduces back pressure
and can make contractions more effective.




Lunges


Excellent for opening the pelvis!
Try with a chair/rotate foot 90 degrees



**I am
SAFE**



**My body
knows
exactly
what to do**



**I feel the strength
of all women who
have come before
me**



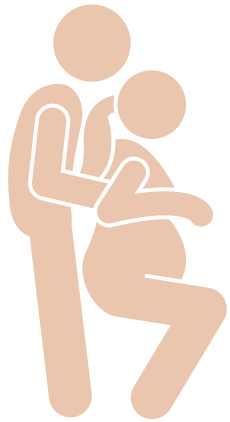
**EVERY
THING
WILL BE
OKAY**



**My Baby will
arrive at the
perfect time**



**Inhale strength
Exhale fear**



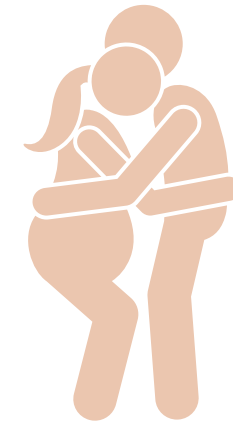
Hanging Squat

Can help baby descend.



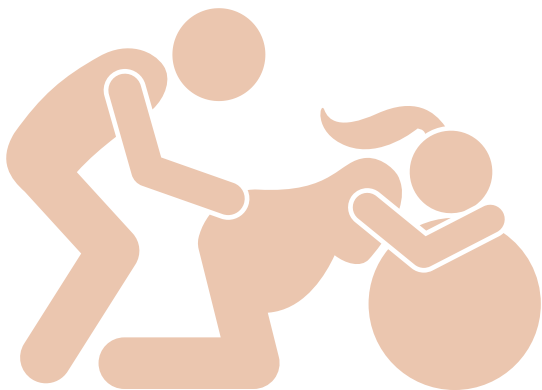
Hands & Knees

Great for turning a posterior babe and can relieve lower back pressure.
Try adding cat-cow!



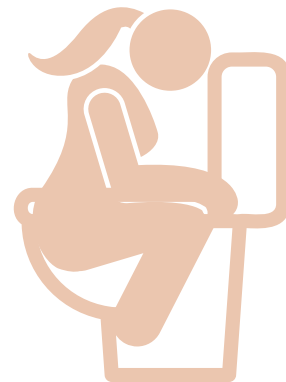
Slow Dance

Gravity, relaxation and oxytocin:
Triple Threat!



Supported Hands & Knees

Great for turning a posterior babe.
Partner can apply counter pressure/massage.



Dilation Station:

ie. the toilet!
Can relax pelvic floor.



Supported Squat

Uses gravity and widens pelvic outlet.