

Positions To Ease Labor Pain

For The First Stage Of Labor

The birthing ball position

Benefits

- ✦ Relieves back pain and provides support
- ✦ Facilitates cervical dilation to guide the baby into the pelvis



Drawback

- ✦ You may need someone to help you maintain balance

The squatting position

Benefits

- ✦ Opens up the pelvis by 2cm
- ✦ Shifts your weight to make you comfortable



Drawback

- ✦ It may be tiring

For The Second Stage Of Labor

The kneeling birth position

Benefits

- ✦ Makes contractions less painful
- ✦ Helps with backaches



Drawback

- ✦ Fetal heart monitoring may become difficult

Laboring in a tub

Benefits

- ✦ Speeds up labor
- ✦ Relieves pain during slow labor



Drawback

- ✦ Need a Doula's help