

WE LIKE TO MOVE IT, MOVE IT!



HOW COMMON IS BEING CONFINED TO BED IN LABOR?

A survey of new parents showed that

3 OUT OF 5 

DID NOT WALK AT ALL DURING LABOR!

BUT IF YOU COULD...



Shorten your labor by up to an hour or more



Reduce your need for an epidural



Reduce your risk of a cesarean

...WOULD YOU WANT TO MOVE AROUND AND CHANGE POSITIONS IN LABOR?

These are some of the **proven benefits**² of moving and changing positions in the first stage of labor.

SO, LET **GRAVITY** HELP YOUR BABY MAKE THE **EASIEST EXIT** POSSIBLE!²

TIPS TO STAY ON THE MOVE:

1

Choose a **birth setting** that encourages movement

2

Watch out for **interventions that limit movement**, like an IV, epidural or electronic fetal monitoring

3

Plan for **continuous support** during labor

MAX OUT YOUR **LABOR POWER** AND **TRY THESE POSITIONS**.³



Standing, supported squat:
allows baby to descend



Walking:
less painful contractions



Side-laying:
may make contractions more effective



Squatting:
can increase pelvic diameter up to 2cm

A 2018 report from the World Health Organization recommends movement and upright positions in labor.³
HELP YOUR BABY OUT! AND CHANGE POSITIONS THROUGHOUT LABOR.

VISIT WWW.LAMAZE.ORG TO LEARN MORE.



- 1 Declercq, E.R., Sakala, C., Corry, M.P., Applebaum, S., Herrlich, A. (2013, May). Listening to Mothers III: Pregnancy and Birth. New York: Childbirth Connection. Retrieved from http://transform.childbirthconnection.org/wp-content/uploads/2013/06/LTM-III_Pregnancy-and-Birth.pdf
- 2 Lawrence, A., Lewis, L., Hofmeyr, G.J., Styles, C. (2013). Maternal positions and mobility during first stage labour. [Abstract]. Cochrane Database of Systematic Reviews, Issue 10. Art. No.: CD003934. <http://summaries.cochrane.org/CD003934/mothers-position-during-the-first-stage-of-labour>
- 3 World Health Organization. (2018). WHO recommendations: Intrapartum care for a positive childbirth experience. Geneva: World Health Organization. <http://apps.who.int/iris/bitstream/10665/260178/1/9789241550215-eng.pdf>