

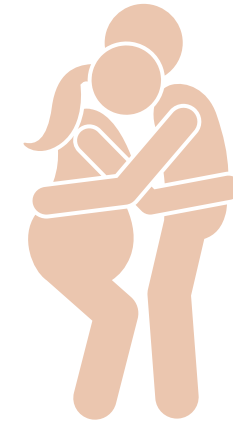
### **Hanging Squat**

Can help baby descend.



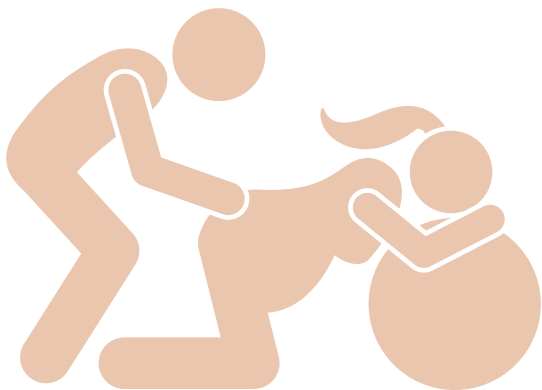
### **Hands & Knees**

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.



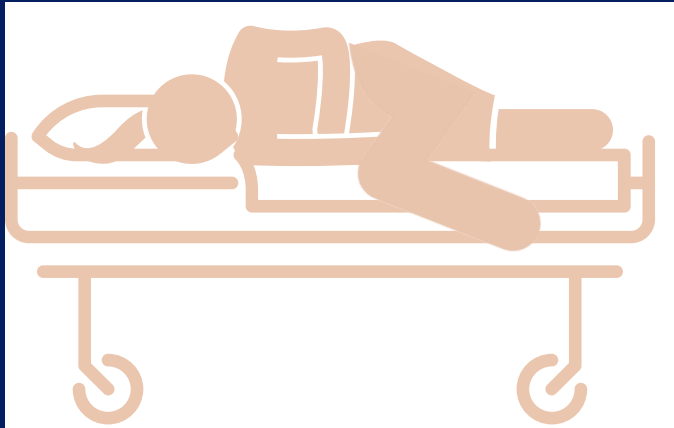
### **Dilation Station:**

I.e. the toilet!  
Can relax pelvic floor.



### **Supported Squat**

Uses gravity and widens pelvic outlet.



### **Side Lying**

Vary sides  
Can loosen ligaments.



### **Backwards Chair**

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



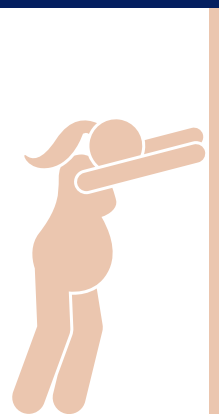
### **Squat Bar**

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.



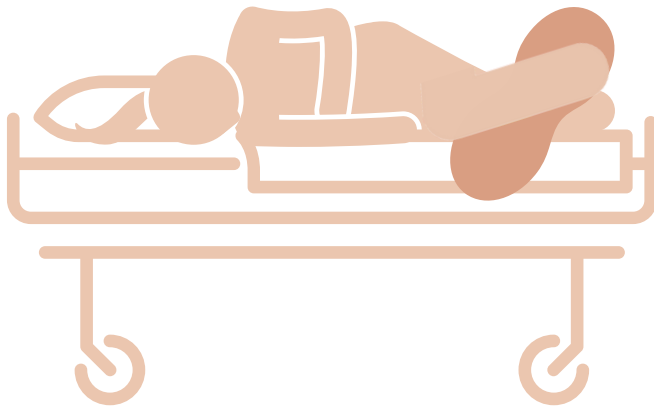
### **Standing Lean**

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



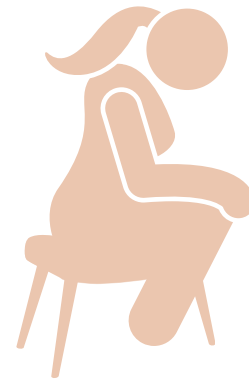
### **Lunges**

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



### Side Lying

Narrow the Knees to Push with Ease!  
Not working with gravity but good if you need the rest!



### Birthing Stool

Upright and using gravity, but less strenuous than squatting.  
pressure off tailbone



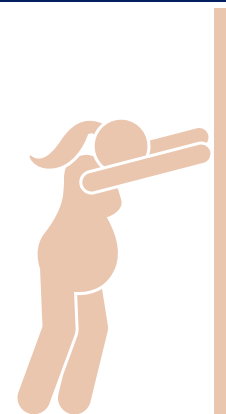
### Squat Bar

Squats widen pelvis and utilize gravity



### Hands and Knees

Relieves back pressure, wide pelvis,  
assists rotation,  
good access for birth team



### Standing

Utilizes gravity but most hospitals prefer a closer to soft landing approach.  
Can use bed's squat bar with bottom of bed removed.



### Supported Kneeling

Pressure off tailbone and Upright