

c. Positions








MODULE 7

It is a good idea to practice all the possible positions that you might find comfortable during your labour. Practice them until they become comfortable.





Here are a few important points to remember.



The following table demonstrates a few positions to try during the first stage of labour.

| POSITIONS DURING THE FIRST STAGE OF LABOUR | |
|---|--|
|  | • It is better to walk as long as you can. |
|  | • Lean forward while standing. |
|  | • Lean forward onto a chair or ball. • Get down on your hands and knees. |
|  | • Sit in a chair with feet up. • Prop up with pillows. |
|  | • Use the tailor position. • Lean forward towards another person who will support you under your arms. • Lean and support on back of a chair. • Lean and support on back of toilet. |
|  | • Lie with your leg on a pillow |
|  | • Sit in a rocking chair or on a birth ball. |

The following table demonstrates a few positions to try during the second stage of labour - pushing.

| POSITIONS DURING THE SECOND STAGE OF LABOUR | |
|---|--|
|  | <ul style="list-style-type: none">• Squat with support.• Support buttocks. |
|  | <ul style="list-style-type: none">• Raise the head of the bed to support the back. |
|  | <ul style="list-style-type: none">• Place your leg on a pillow.• Your leg is supported by your partner |
|  | <ul style="list-style-type: none">• Get down on hands and knees.• Lean forward onto a chair.• Lean forward on someone's knees. |