

# Different Positions for Labour & Delivery



Below are different positions you can try to help you become more comfortable during labour and delivery. You decide which position is most comfortable for you. Regularly change your position. It's best not to lie on your back. This might reduce the blood flow to the uterus and the placenta and cause you to feel dizzy. Try to maintain an upright position and keep moving. Gravity will put pressure on the cervix, which will enhance the progress of labour and the descent of the baby. It will also help you cope better with the pain.



Partner supports from the back



Sit backwards, leaning on the chair back

Squat down



Partner supports from the front



On all fours, keeping your back straight

On all fours, curling your trunk



Kneel down, with your body leaning forward



Lie on left side with pillows between your legs



Kneel down,  
keeping the back  
straight

Lean on a beanbag, large pillow or ball



You can also try different positions for the birth of your baby. An upright position has several advantages:

- It helps you to cope with the pain.
- Blood flow is better than when lying on your back.
- Pushing tends to be easier and less painful.
- The pushing stage is shorter.
- There is a reduced risk of an instrumental delivery or an episiotomy.

In many hospitals in China, they will require you to lie on your back with your legs up. Talk with your doctor or midwife in advance to find out if they will allow different positions for the birth of your baby. If so, you could try the following positions:

- *On your left side (see picture below):* Your pelvis will open wide, blood flow is better than lying on your back, it allows a good view of the perineum!
- *Sitting upright (see picture below):* Use a couple of pillows to support your back.
- *Squat down (see picture below).*



Lean with  
your hands  
against the  
wall while  
swaying  
your hips



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