

# 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**<sup>2</sup> of moving and changing positions in the first stage of labor.

### SO, LET **GRAVITY** HELP YOUR BABY MAKE THE **EASIEST EXIT** POSSIBLE!<sup>2</sup>

#### 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**.<sup>3</sup>



**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.<sup>3</sup>  
**HELP YOUR BABY OUT! AND CHANGE POSITIONS THROUGHOUT LABOR.**

VISIT [WWW.LAMAZE.ORG](http://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](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>