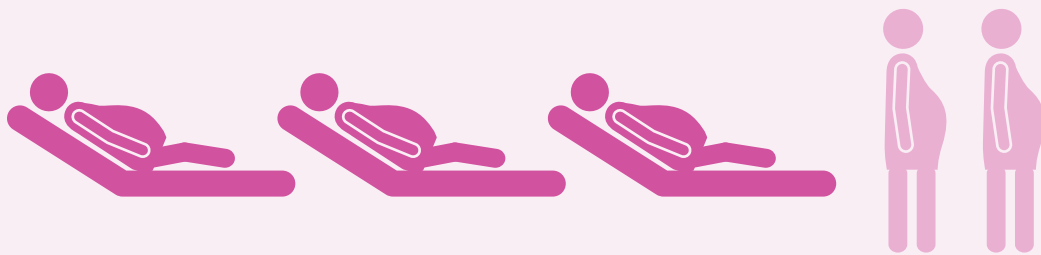


We Like to Move It, Move It!



HOW COMMON IS BEING
CONFINED TO BED
IN LABOR?

A survey of new moms showed that **3 out of 5** laboring moms **DID NOT WALK** at all during labor¹.



BUT IF YOU COULD...



Shorten your labor up to an hour or more



Reduce your need for an epidural by 20%



Reduce your risk of a cesarean by 30%²

...would you want to move around and change positions in labor?

These are some of the
PROVEN BENEFITS
of moving and changing positions in the first stage of labor.

SO, LET GRAVITY³ HELP YOUR BABY MAKE THE EASIEST EXIT POSSIBLE!

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 POSITIONS⁴:**



Standing, supported squat: allows baby to descend



Walking: less painful contractions



Side-lying: may make contractions more effective



Squatting: can increase pelvic diameter up to 2cm



HELP YOUR BABY OUT!

AND CHANGE POSITIONS THROUGHOUT YOUR LABOR.

To learn more about preparing for labor and beneficial labor positions, sign up for a Lamaze childbirth education class.

PUSH FOR THE SAFEST, HEALTHIEST BIRTH POSSIBLE.
VISIT WWW.LAMAZE.ORG/PUSHFORYOURBABY TO LEARN MORE.

Lamaze }  Push
for your baby

1 Declercq, E.R., Sakala, C., Cory, 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 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>

4 Perez, P.G. (2012, April 24). The pros and cons of 11 common labor positions. [Web log post]. Retrieved from <http://www.lamaze.org/LaborPositions>