

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 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 BENEFITS²** of moving and changing positions in the first stage of labor.

SO, LET GRAVITY 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 POSITIONS³:



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.

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

Lamaze
International

Push
for your baby

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

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 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>