



Labor Position Guide

for a supported, empowered birth 



Movement, position changes, and support can help labor progress, relieve discomfort, and help you feel more in control.

IF YOU ARE 5 CM OR LESS, HERE ARE POSITIONS YOU CAN TRY.
FREQUENT POSITION CHANGES EVERY 30–60 MINUTES CAN HELP LABOR PROGRESS.



1. POSITIONS TO ENCOURAGE LABOR PROGRESS



Single leg on chair



Abdominal lift & tuck



Open knees—chest



Deep squat



Single leg up/ downs with ball



Lunges on ball



Rest



Seated deep squat



Asymmetrical kneeling



Listen to your body and choose what feels supportive for you.



2. HOW A SUPPORT PERSON CAN HELP



Swaying together



Abdominal lift & tuck



Squats together



Massage or light touch



Abdominal sifting



Hip jiggling



Lunge on knee



Walking the unit



3. WITH BACK PAIN (5 CM OR LESS)



Lean over bed



Lean over birthing ball



Figure 8 or circles



Hands & knees



Counter pressure



Double hip squeeze on ball



Double hip squeeze on bed



Kneeling over back of bed



4. POSITIONS TO REST (5 CM OR LESS AND WHEN YOU WANT TO REST)



Rest with a peanut ball



Exaggerated runners



Open knee throne



Side lying in stirrup



Hands & knees



Side lying



Asymmetrical with foot pedal



Asymmetrical with peanut ball



5. LABORING CIRCUIT IDEA (ROTATE THROUGH POSITIONS)



Start upright or on the ball 5–10 min



Movement (lunge, squat, or rocking) 5–10 min



Supported position (hands & knees or lean forward) 5–10 min



Rest & reset 10–20 min



Repeat & follow your body's rhythm



You don't have to do this alone.

We're in this together. 



MATRESCENCE DOULA

| SUPPORTING YOU. HONORING YOUR JOURNEY.

