



Doula & Childbirth Educator

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## Squatting



Used in active labor or pushing

- Opens pelvis
- Engages baby
- Lets gravity work

## Hands & Knees



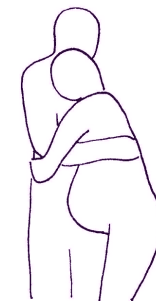
- Great for early, active or pushing stages
- Relieve back pain
- Easy position for massage or hip squeeze
- Helps use gravity

## Birth Ball



- Good for early or active labor
- Opens the pelvis
- Lets gravity work
- Keeps Mother moving
- Allows Mother to rest

## Baby Dance



- Can be used in early or active labor
- Partner supports Mother
- Uses gravity
- Gets Oxycontin flowing
- Easy for partner to massage or use hip squeeze