



**MAM  
CARE**

# Birth Positions

LET YOUR BODY GUIDE YOU!

# Birthing Positions



	All fours / Kneeling	Supine / Semi-sitting	Deep squat / Birthing stool	Side-lying	Standing
Use of gravity	good	not used	optimal	not used	maximal
Mobility of the pelvis	very good	restricted	good	good	very good
Physical effort	Heavy on arms / knees	relaxing	strenuous	relaxing	tiring
Possibility for professionals to help in critical situations	rather difficult	optimal	good	good	difficult

Let your body guide you!

# All Fours



# Advantages

- Less strain on the **lower back**.
- Your **pelvis** stays **flexible**.
- **Good use of gravity** when your upper body is lifted.
- You can **separate yourself** from your surroundings.
- Works in **many ways**: on a bed or mat, with support of a ball, birthing sling or your birth companion.



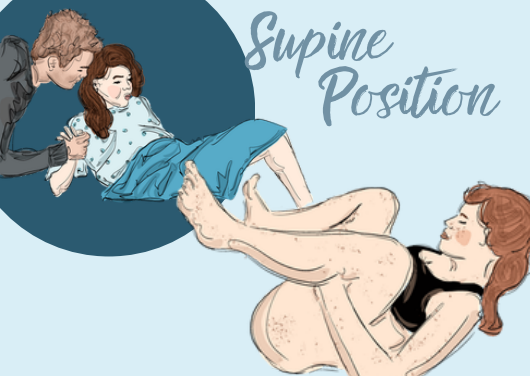
Pezzi ball

# Disadvantages

- Can be **tiring** over time - feel free to use support tools.
- Can make **communication** more difficult.

For more detailed pros and cons, take a look at the booklet "Geburtspositionen verstehen" (German only)

# Supine Position



# Advantages

- Good to **rest and regain strength**.
- **Professionals** can **intervene** more easily.

# Disadvantages

- Your **pelvis** is **restricted** in its movement.
- **Pain** may increase.
- The baby's **head may not engage** with your pelvis.
- **Gravity** offers no support.
- May result in more **discomfort** and **lower oxygen levels** for the baby.



For more detailed pros and cons, take a look at the booklet  
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Deep squat /  
Birthing Stool

## Advantages

- Your **pelvis** stays **flexible**.
- **Good use of gravity**.
- There are **many options**: a birthing stool, a birthing sling or stall bars
- Especially helpful toward the **end of birth**.



## Disadvantages

- Can be **tiring** over time - feel free to use support tools.
- **Numbness in the legs**.



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# Side-lying Position



## Advantages

- Good to **rest and regain strength**.
- **Plenty of options:** lifted top leg, supported side-lying, elevated side-lying, with support of a back massage.
- **CTG-Monitoring** tends to work well.
- **Soothing for the baby** in tense moments or if the position of its head is not optimal.

## Disadvantages

- Your **pelvis** is **restricted** in its movement.
- **No support from gravity** when lying flat with your upper body.



Peanutball

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Birthing sling or rope

# Standing



Wall bars



# Advantages

- Your **pelvis** stays **flexible**.
- **Good use of gravity**.
- There are **many options**: leaning forward, with one leg raised, hanging or holding on a cloth or your birth companion.



# Disadvantages

- Can be **tiring** over time.
- Increased **muscle tension**.



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As you give birth, **tuning in to your body** is key. Being **open to suggestions** can make things easier. Some positions may feel odd or create strong pelvic pressure. If you want, try them for a moment or repeat them later. Trust your body's signals, but remember that some discomfort is a natural part of birth.



*Let your*  
**body guide you!**

Whether you stand, kneel, or lie down – you can move, explore, or pause. Your body knows the way. Follow it, in your own time and in your own way.





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