



**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

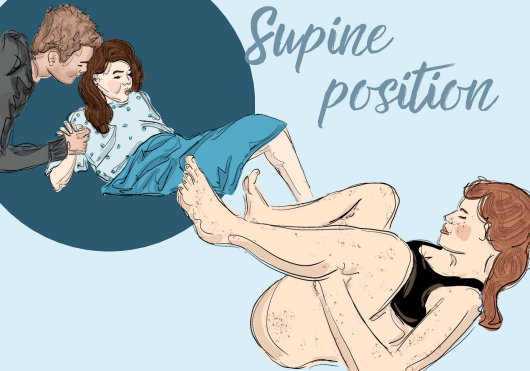
- Because no weight is exerted on your pelvis from above, this position allows you to reduce pressure on your **lower back** and thereby relieve pain.
- Your **pelvis** stays **flexible**.
- You can rotate or shake out your pelvis during breaks between contractions, which can be **soothing** and promotes the **progress of labor**.
- **Gravity** helps your baby find its way down (especially when your upper body is lifted).
- In this position it might be easier for you to direct your **attention** inward to **yourself and your body**.
- There are **many variations and combinations**: e.g. a ball under your upper body, a hanging birthing sling, your birth companion for stability or on a mat on the floor.



## Disadvantages

- Supporting yourself on your hands, forearms and knees for a long time can be **tiring** over time (especially if no aids such as exercise balls, slings, or support persons are available).
- Your more inward-facing posture can make **communication** with others difficult.

# Supine position



## Advantages

- Because your arms and legs do not have to carry your body weight, the supine position (lying on your back) can feel relaxing and give you the opportunity to **rest and regain strength**.
- **Midwives and doctors** can **intervene** more easily to support you and your child. Therefore, this position can be very useful at certain times.

## Disadvantages

- When lying on your back, the pressure of the bed combined with your baby's weight **reduces pelvic mobility**.
- This can heighten **pain** even during the breaks between contractions.
- This position can cause the baby's head to enter the pelvis at an unfavorable angle, which can **complicate** the further progress of labor.
- You are not supported by **gravity**, which helps press your baby downward and increases the effectiveness of your contractions.
- The weight of your baby and the amniotic fluid can compress important blood vessels. This can cause discomfort and restriction of the **baby's oxygen supply**.



### Quick Tip

Don't hesitate to speak up if you feel uncomfortable on your back or are unsure whether this position is necessary. In most cases, it's possible to explain the situation or discuss finding a more comfortable position.



*Deep squat /  
Birthing stool*

## Advantages

- Your pelvis stays flexible.
- **Gravity** makes it easier for your baby to move downward and boosts the effectiveness of your contractions.
- You can rotate or shake out your pelvis during breaks between contractions, which can be **soothing** and **promotes the progress of labor**.
- There are many **combination options**: e.g. a birthing stool, a birthing sling or stall bars.
- You can also try different **variations**: e.g. adjusting your foot placement by turning your toes inward/outward or raising/lowering your heels.

- Your **birth companion** can easily assist you in a deep squat or on a birthing stool.
- This position may make it easier to **push actively and effectively** during the final stage of labor.

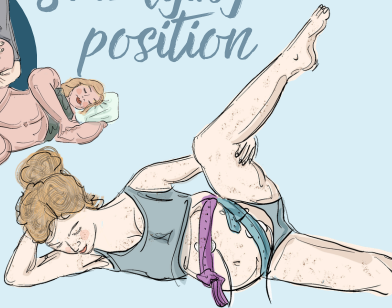


## Disadvantages

- Maintaining a deep squat can become **tiring** and **exhausting** over time, which can cause the pelvic floor muscles to tense up.
- Staying in this position for too long may also lead to a **numb feeling in your legs**.
- Therefore you should combine this position with support tools and alternate it with other positions.



# Side-lying position



## Advantages

- Because your arms and legs do not have to carry your body weight, the side-lying position can feel relaxing and give you the opportunity to **rest and regain strength**.
- By using a hanging sling, pillows, or your support person, your upper leg can be well **supported and kept mobile**.
- There are **plenty of options** of this position and it can be complemented by massages and manual pressure.
- Often, the CTG registers well in this position, and the pressure of the contractions is reduced for the child. Therefore, this position can be soothing for the child if it is stressed during labor or is lying in an unfavorable position.

## Disadvantages

- Resting on your hip bones slightly **narrows** your pelvis and limits its movement.
- There is **no support from gravity** when lying flat with your upper body.



# Standing



Birthing sling/  
rope



Wall bars



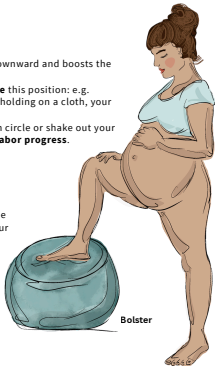
## Advantages

- Your pelvis stays flexible.
- **Gravity** makes it easier for your baby to move downward and boosts the effectiveness of your contractions.
- There are **many variations and ways to combine** this position: e.g. leaning forward, with one leg raised, hanging or holding on a cloth, your birth companion or wall bars.
- During the breaks between contractions, you can circle or shake out your pelvis, which can feel **soothing** and **encourage labor progress**.



## Disadvantages

- Standing can be **tiring** in the long run and can lead to your **pelvic floor muscles** being **tense**.





As you give birth, **tuning in to your body** is key. It can also be helpful to remain **open** and gently explore positions or movements that don't feel quite right—perhaps because they increase pressure—if only for a moment, or to try them again later. Trust your body's signals, and remember that some discomfort is a natural part of the birth process.

## *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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