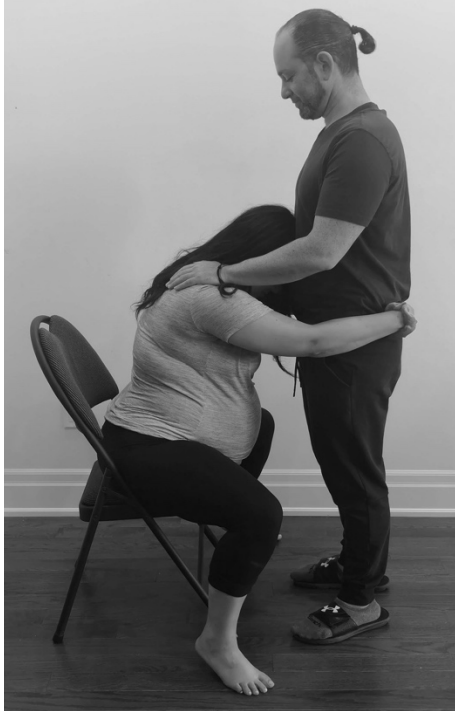


## 4 Labour Positions For You AND Your Partner



### **Position #1:**

Sit on a chair or bed with your knees wide. Lean your head into your partner and allow them to take your body weight. Hook your thumbs into their pants or interlace your fingers around their waist to allow your arms to rest. Let your belly relax.

You can recreate this labour position on a yoga ball as well. This may give you more mobility in your hips and allow you to sway if it feels good.



### **Position #2:**

Slow dancing!  
Lean your head into your partner's chest. You can interlace your hands around their neck or waist. Allow your partner to support your weight.

Partners must have a wide stance in order to be stable in this position. This position is also great to sway in, if it feels good.



### Position #3:

Assume a 4-point kneeling position. Let your belly relax. Allow gravity to take your belly and unload the pressure from your back.



### Position #4:

Kneeling on the floor, bring your knees wide. Lean your upper body on a yoga ball. Allow your belly to relax and for gravity to take the pressure off of your back.



### Position #4 Continued:

Sometimes labour can cause discomfort and pain in the low back. A position such as #3 and #4 help take the weight of your belly off the back. Additionally, having your partner provide some counter pressure onto your sacrum may give you some relief.

To palpate the sacrum, move your hands down the low back until you reach a hard bone. It should not be bouncy or flexible. Apply pressure with body weight to avoid straining your arms and back.

### Additional tips:

Using auditory and visual stimuli in addition to touch may help you relax and slow your breathing back down.

Some examples are:

- Listening to your favourite music.
- Keeping the room dark, without harsh lights.
- Watching a 'triangle breathing gif' to help regulate the breath (inhaling as the triangle expands, exhaling as it collapses).

- This can be found on google. Here is an example:

<https://www.self.com/story/this-calming-gif-can-help-you-handle-stress>