

# We Like to Move It, Move It!



HOW COMMON IS BEING  
**CONFINED TO BED**

## IN LABOR?

A survey of new moms showed that **3 out of 5** laboring moms **DID NOT WALK** at all during labor<sup>1</sup>.



### BUT IF YOU COULD...



Shorten your labor by up to an hour or more



Reduce your need for an epidural



Reduce your risk of a cesarean

...would you want to move around and change positions in labor?

These are some of the **PROVEN BENEFITS<sup>2</sup>** of moving and changing positions in the first stage of labor.

**SO, LET GRAVITY HELP YOUR BABY MAKE THE EASIEST EXIT POSSIBLE!**

### TIPS TO STAY ON THE MOVE:

**1**

Choose a **birth setting** that encourages movement

**2**

Watch out for **interventions that limit movement**, like an IV, epidural or electronic fetal monitoring

**3**

Plan for **continuous support** during labor

MAX OUT YOUR LABOR **POWER** AND **TRY THESE POSITIONS<sup>3</sup>:**



**Standing, supported squat:** allows baby to descend



**Walking:** less painful contractions



**Side-lying:** may make contractions more effective



**Squatting:** can increase pelvic diameter up to 2cm



## HELP YOUR BABY OUT!

AND CHANGE POSITIONS THROUGHOUT YOUR LABOR.

PUSH FOR THE SAFEST, HEALTHIEST BIRTH POSSIBLE. VISIT [WWW.LAMAZE.ORG/PUSHFORYOURBABY](http://WWW.LAMAZE.ORG/PUSHFORYOURBABY) TO LEARN MORE.

Lamaze  
International

Push  
for your baby

<sup>1</sup> Declercq, E.R., Sakala, C., Corry, M.P., Applebaum, S., Herrlich, A. (2013, May). *Listening to Mothers III: Pregnancy and Birth*. New York: Childbirth Connection. Retrieved from [http://transform.childbirthconnection.org/wp-content/uploads/2013/06/LTM-III\\_Pregnancy-and-Birth.pdf](http://transform.childbirthconnection.org/wp-content/uploads/2013/06/LTM-III_Pregnancy-and-Birth.pdf)

<sup>2</sup> Lawrence, A., Lewis, L., Hofmeyr, G.J., Styles, C. (2013). Maternal positions and mobility during first stage labour. [Abstract]. *Cochrane Database of Systematic Reviews*, Issue 10. Art. No.: CD003934. <http://summaries.cochrane.org/CD003934/mothers-position-during-the-first-stage-of-labour>

<sup>3</sup> Perez, P.G. (2012, April 24). The pros and cons of 11 common labor positions. [Web log post]. Retrieved from <http://www.lamaze.org/LaborPositions>