



Labour Comfort Positions

Walking/Standing (1st Stage Labour)

Walking: Being upright moves the baby's head down in your pelvis. It also helps to relieve backache.

Standing: Rock or sway the hips and lean forward while standing.

Leaning forward and resting on something while standing can be soothing and relieve backache.

Try counter pressure for back pain. Counter pressure is firm and constant pressure applied to the back where pain is localized. This can be from a partner's hand or leaning against a firm object such as a rolled towel, a tennis ball, or wall.

