



Labour Comfort Positions

Kneeling (1st and 2nd Stage Labour)

Doing the pelvic tilt can take pressure off hemorrhoids and relieve backache. To see how to do the pelvic tilt, [click here \(Link to Pelvic Tilt position\)](#).

To lessen the strain on your hands and wrists, lean forward on a chair or bed.

While you are kneeling or leaning against something, have someone give you a massage.





Healthy Families BC

