

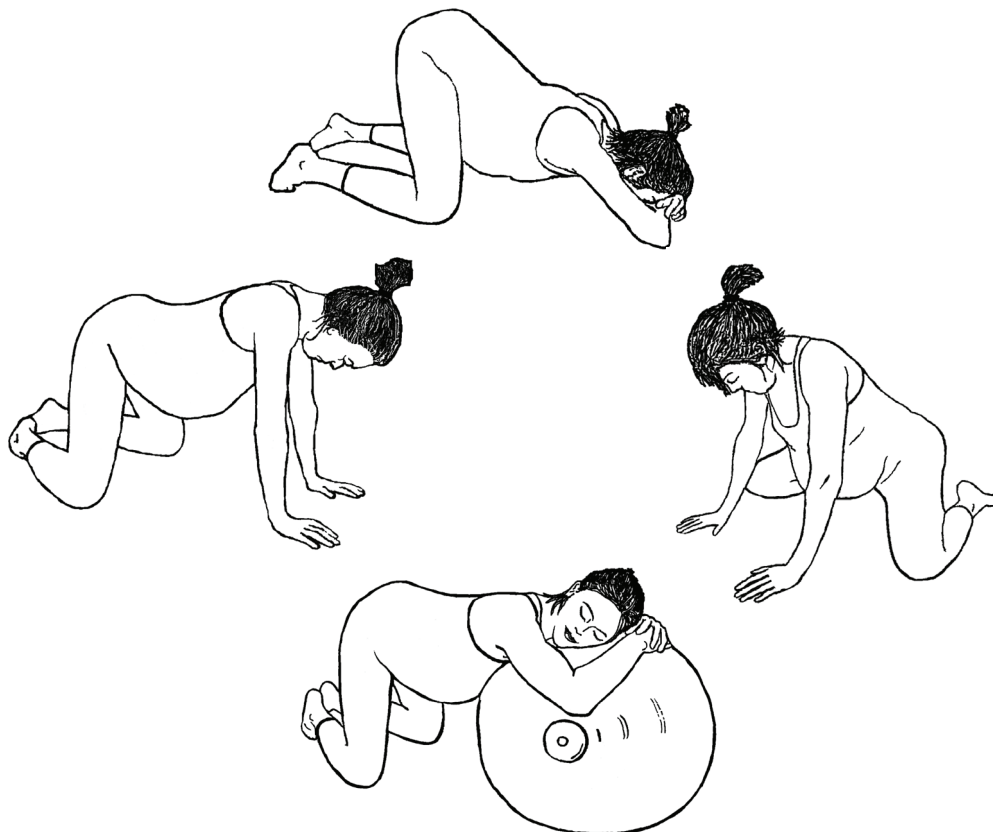
Labor positions

These positions may speed labor with the help of gravity. Any of these positions can be used with hypnosis and at any time in labor. Many are good for pushing and birthing as well. Ask your healthcare provider for a birth ball (also known as an exercise ball) or bring your own. Some birth centers and hospitals will provide a squatting bar. Keep in mind:

- Hypnosis triggers: Use your Let Go Trigger for instant self-hypnosis in any position. Partners can use the Partner Trigger in any position too.
- Change positions: Help the baby move into the best position for birth. Don't stay in bed! Try the positions pictured here and invent your own by following your body. Do what feels right. Partners are instrumental in reminding the mom to move, and in supporting her physically if needed.
- Make it bigger: In hypnosis, try making the contractions bigger and stronger. Don't fight the waves; with hypnosis you can surf them!

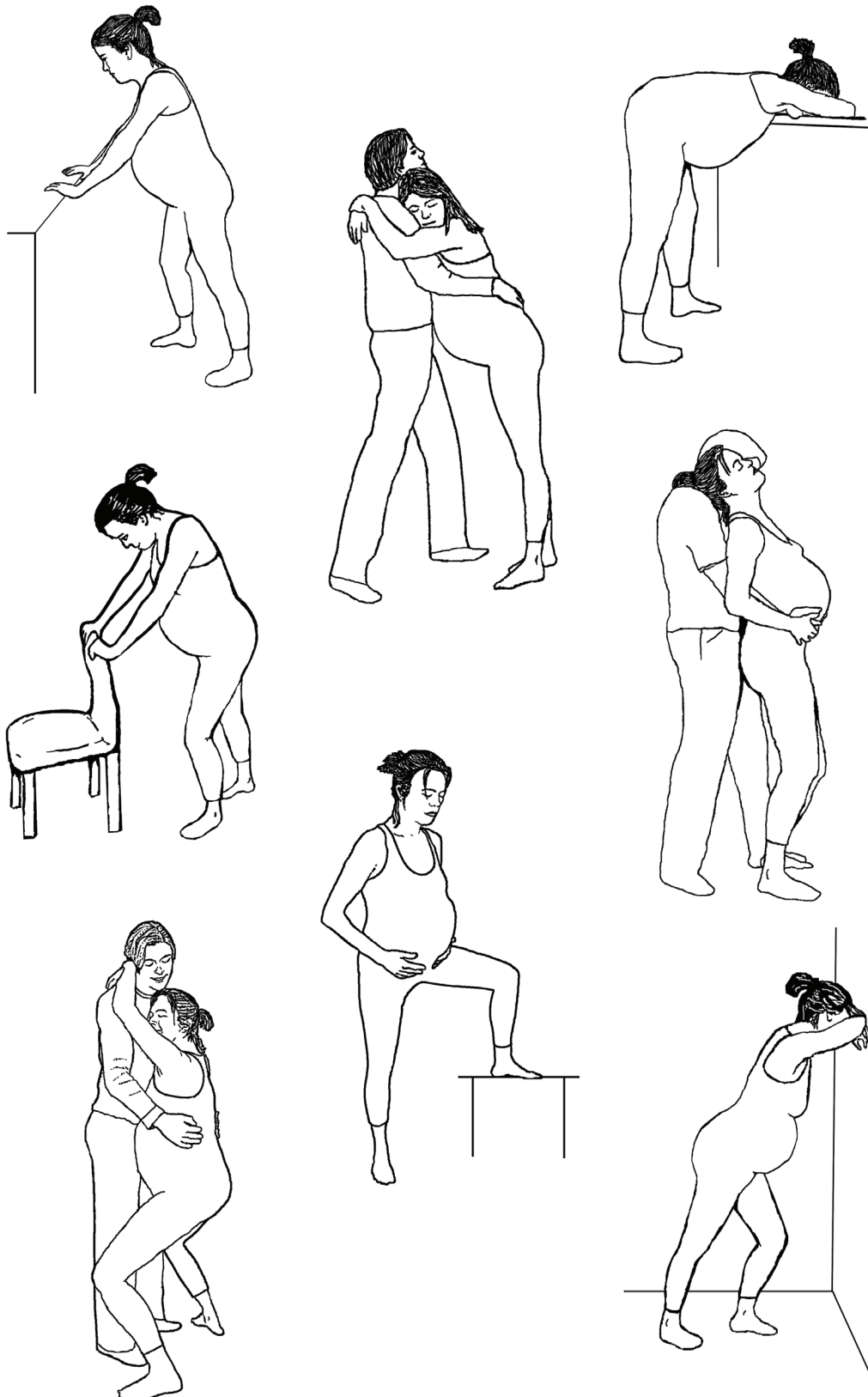
Kneeling positions

These positions can relieve back pain and help the baby to move to a head-down, face-back position. Swirling the hips and back can help.



Standing positions

These positions can stimulate contractions and allow gravity to help the baby's descent.



Sitting positions

These positions use gravity to speed the baby's descent and allow the mom to rest between contractions. A birth ball is a great way to keep swirling your hips while resting.



Birthing positions

These positions open the pelvis and birth canal. Upright pushing uses gravity to achieve maximum effectiveness with each push.

