

Healthy Birth

Practice #5

AVOID GIVING BIRTH ON YOUR BACK

- Use gravity to your advantage
- Use upright or side-lying positions
- Follow your body's urge to push

PRO TIPS:

- Most hospitals have squat bars that attach to the end of the hospital bed that help you push in an upright position.
- Ask your doctor or midwife how often they have patients push in an upright position.
- If you have an epidural you can ask for the epidural to be lowered so that you can more effectively follow your body's urge to push.

