

Healthy Birth

Practice #2

WALK, MOVE AROUND, CHANGE POSITIONS IN LABOR

- Helps get baby into a good position for birth
- Helps encourage labor to progress
- Helps with pain management

PRO TIPS:

- Change positions at least every 45 minutes.
- Find out if your hospital has wireless monitors
- If you have an epidural you cannot get out of bed, but you can change positions in the bed. Remember to ask your nurse for help when changing positions with an epidural.

