

20 Positions For Labor & Birth



Semi Reclining
Supported



Semi Reclining



Lateral



Lateral With
Raised Leg



Hands and Knees



Kneeling Over Ball



Kneeling Forward



Polar Bear



Lung Standing



Lung Sitting



Sitting Over Ball



Supported Backwards
Sit



Birth Stool



Supported Squat



Squatting
(Leaping Frog)



Reclining Sit



Supported Stand



Standing



Toilet Sitting
Backwards



Toilet Sitting
Forwards