

# OPTIMAL POSITIONS FOR LABOUR AND BIRTH USING THE BIRTHING BED

Upright and active labour is associated with improved outcomes through optimised fetal positioning and movement through the pelvis.

Optimising labour & delivery positions is just as important when mothers and birthing people need to be on, or near the bed.

A birthing bed is designed to help women achieve their most comfortable positions. Twelve popular examples are demonstrated below.

Other equipment may be used to achieve these positions. Consult your midwife.

