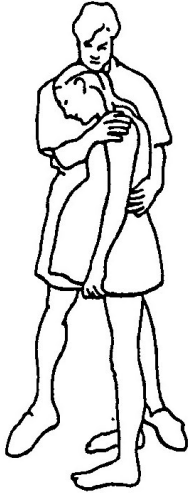


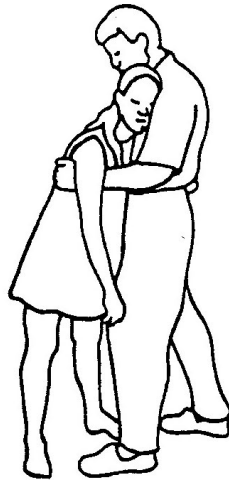
Positions For Labor And Birth



—LOVING ARMS—
CHILD BIRTH SERVICES



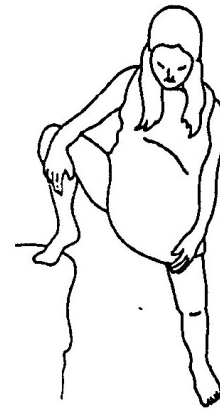
Standing



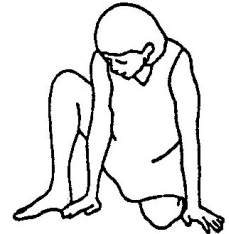
Standing, leaning forward



Slow dancing



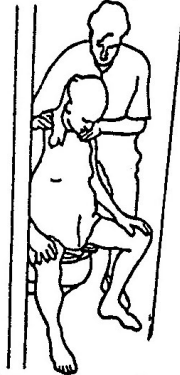
The lunge (standing)



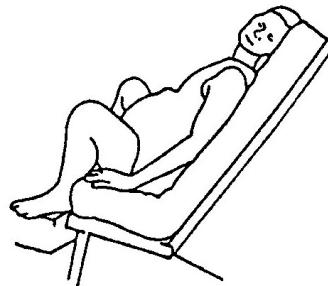
The lunge (kneeling)



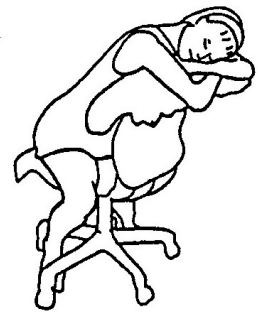
Sitting upright



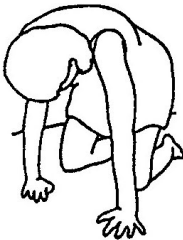
Sitting on commode



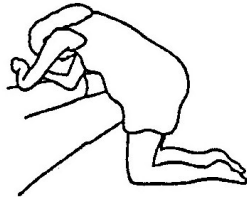
Semi-sitting



Sitting, leaning forward with support



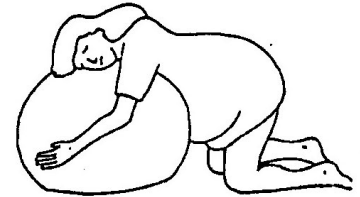
Hands and knees



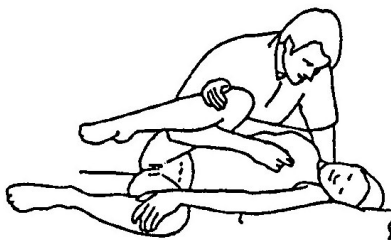
Kneeling over chair seat



Kneeling, leaning on raised head of bed



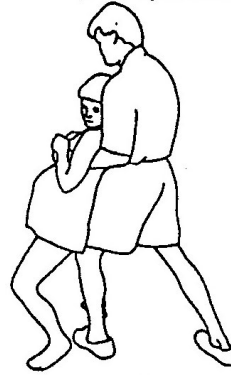
Kneeling over birth ball



Side-lying



Squatting



Supported squat



The dangle

Maternal positions for labor and birth. Top Row: upright positions. Second Row: sitting positions. Third Row: kneeling positions. Fourth Row: second-stage positions. Illustrations by Shanna Finger