



**The ultimate guide to**

# **Positions for Birth**

**written by Lynsey McGillivray**

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**@bornthiswayhypnobirthing**

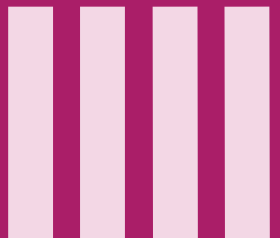
# Intro



**Hey!**

**I'm Lynsey from Born This Way Hypnobirthing and I have designed this FREE e-book to guide you through helpful positions for birth.**

**I am on a mission to educate the world and empower people to have the birth they deserve!**

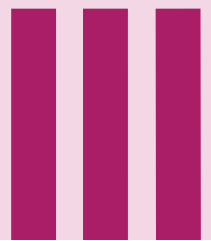
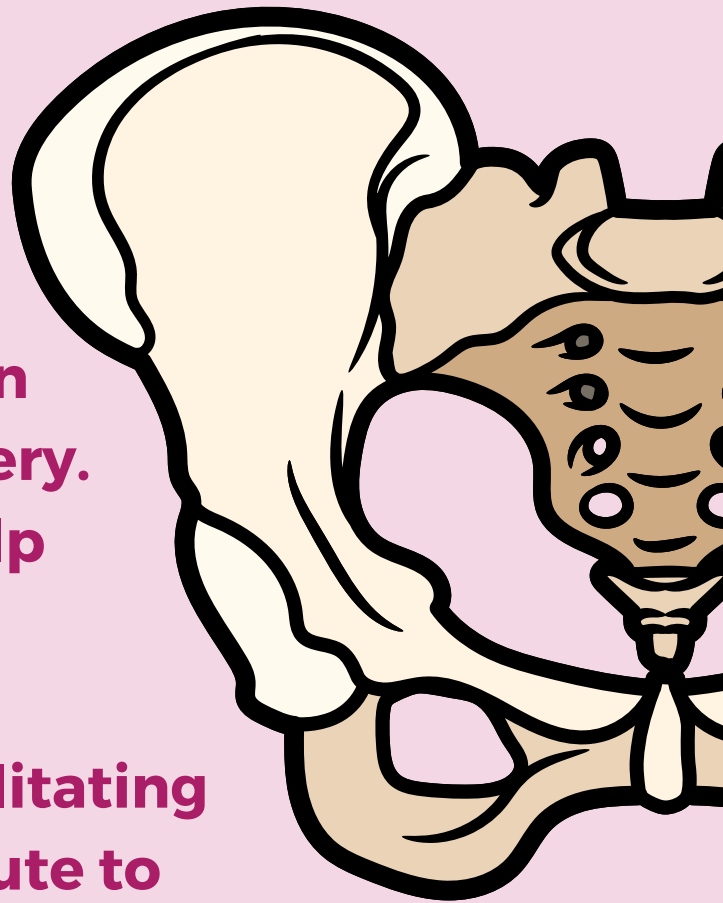


# Benefits

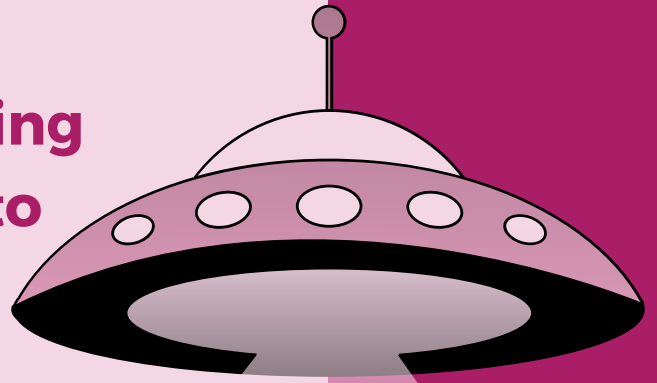
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**During labour, various birthing positions can help open up the pelvis.**

**Certain positions can encourage the baby to assume the best position for birth which can facilitate a smoother delivery. An open pelvis can also help contractions work more effectively, aiding in the progression of labour. Facilitating an open pelvis can contribute to shorter labour durations in some cases.**



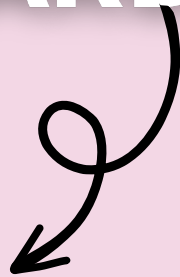
A great acronym to remember when thinking of what birth position to get into is **UFO**



**U**PRIGHT

**F**ORWARD

**O**PEN



- Gravity can help bring the baby down and out
- The uterus can contract more strongly and efficiently
- The fetus can get in a better position to pass through the pelvis
- It's less painful than lying on your back!

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**UFO**



# Birth Ball



**A birth ball can be used to offer support and help enhance the UFO positions. You could lean on the ball bounce on the ball, squat, etc.**



# Other items you can use



**Why not lean over the bed or chair, use the bed to sit on all fours, sit on the toilet and lean forward, lean over the birth pool, or sit in the birth pool on all fours!**



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# Birth Partners



**Use your birth partner for support both emotionally and physically.**

**Standing and leaning on / holding onto your partner can be a great position but also can help release that lovely birth hormone oxytocin!**

**You could ask your birth partner to hold you as you squat and even incorporate some light touch massage to help you relax!**

**Ultimately, it  
is important  
to give birth in  
a position that  
feels right for  
you!**

# Thanks

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**Thanks so much for reading  
my e-book on birth positions  
and I hope you found it useful!**

**You can learn more tips and  
tools for birth with my online  
hypnobirthing course.**

