Self-help pain relief in labour POSITIONS AND MOVEMENT



Positions and movement

- Upright position and moving during childbirth can relieve pain and help baby to move lower in the birth canal.
- You should move listening to your own feelings and try to find the best position for you. You can for example walk, sway, wiggle your hips, dance or squat.

Emmi Ahola & Heidi Nurkka







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