



# Active Birth



## EARLY, EARLY LABOUR

Lying on side in bed  
Supported Childs Pose  
Childs Pose over ball



## EARLY/ACTIVE LABOUR

Pelvic tilts  
Pelvic Circles  
Figure 8's  
Bounce  
Wide Legs



## ACTIVE LABOUR

Pelvic Tilts  
Pelvic Circles  
Booty Shake  
Hip to rib  
Bum to heels  
Childs Pose



## MOVING TO HOSPITAL

Slow Dance  
Lean  
Booty Shake



## ACTIVE LABOUR

Meaty Massage  
Pelvic Massage  
Sacrum Holds  
Pelvic Lifts



## ACTIVE LABOUR

Pelvic Tilts  
Rolling Camel  
Pelvic Circles  
Booty Shake



## ACTIVE LABOUR & BIRTH

Supported Standing Squat



## IF BABY GETS STUCK

Shake the tail feather  
Lunge  
The Wiggle!



## BIRTH

Sitting Supported Squat  
Standing Supported Squat  
All 4's  
Lying on side