



## ***Flashcard Cut-Out Instructions***

1. Download the flashcards as PNGs Size x 3. This will ensure they are clear when printed out on these pages.

**Print** this document on thick paper. Cardstock or "cover stock" paper. You can use regular paper if you want, but the thicker paper will make them less susceptible to bends, folds, and tears.

**Cut** along the dotted lines using very sharp scissors OR a craft paper table cutter.

***Different ways to use these birth position cards are as follows:***

- Printed, cut, and gifted to clients.
- Printed/cut OR In PDF form in your welcome package
- Printed/cut OR in PDF form in your consultation package
- Printed, cut, and laminated to put in your Doula Bag
- Any other creative way you can think of!

## Supported Squat

Gravity working with you.

Creates space in the pelvis

Intimate Closeness increases oxytocin production



Encourage fetal descent/rotation & Use While pushing

## Standing/Swaying

Gravity working with you.

Swaying helps baby rotate into position

Intimate Closeness increases oxytocin production



Encourage fetal descent/rotation & Peaceful Mood Setting

## Stair-Climbing / Step-Ups

Provides a positive distraction and change of scenery.

Asymmetrical hip movement encourages effacement.

Gravity is working with you.



Encourage effacement, dilation and fetal engagement.

## Sitting On a Birth Ball

Gravity working with you.

Pelvic-tilt and circles help hip pain

Allows simultaneous partner/Doula support



Promote fetal descent & Manage hip/back pain

## Rear-Facing on the Toilet

Gravity is working with you.

Epidural Friendly

Ability to empty bladder

Opens your pelvis

Instinctive pelvic floor relaxation



Promote rest & Can speed dilation/progress

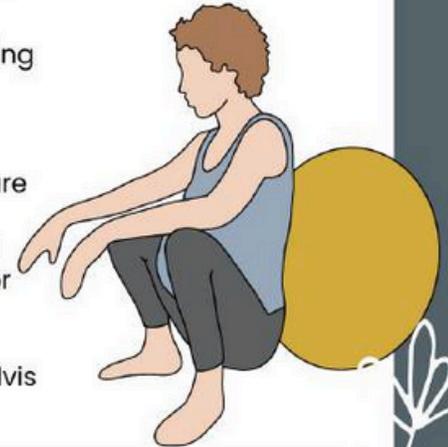
## Squatting With a Ball

Gravity is working with you.

Self-applied counter pressure

Support allows you to squat for longer

Opens your pelvis



Encourage fetal engagement & Cervical Dilation

## Straddling a Chair

Gravity working with you.

Facilitates massage & counter-pressure.

Creates space in your pelvis



Similar benefits to rear facing the toilet & Epidural friendly

## Leaning In the Shower

Gravity is working with you.

Warm/Hot water helps relax muscles and ease hip/back pain.

Privacy decreases stress hormones.



Efficiently manage back pain & Support fetal descent

## On Your Hands & Knees

Back labour relief

Facilitates counter pressure and hip squeezing.

Can help rotate an OP baby.



Encourage fetal descent & Effective while pushing

## Squatting With a Chair

Gravity working with you.

Facilitates Hip Squeezing and counter-pressure.

Creates space in your pelvis



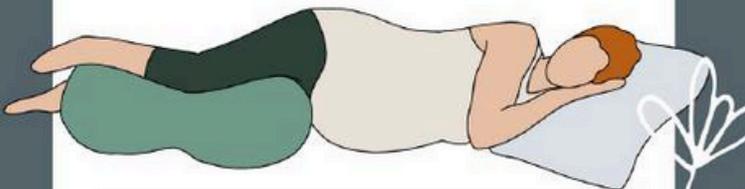
Encourage fetal engagement & Cervical dilation

## Laying On Your Side

Maximizes rest and allows sleep

Facilitates counter-pressure

Use with pillows, a foam wedge, or a peanut ball to support fetal descent



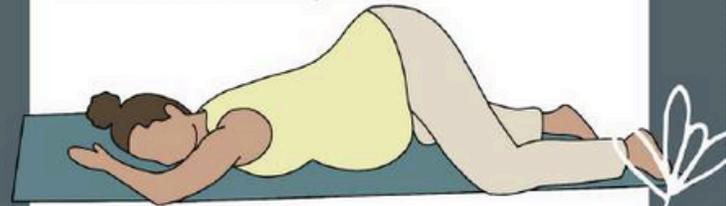
Encourage fetal descent & Epidural Friendly

## Modified Hands & Knees

Maximizes rest and allows sleep

Maximizes Pelvic Space (position ankles farther apart than the knees)

Facilitates counter-pressure



Encourage fetal descent & Efficient pushing when exhausted

## *In A Tub or Birth Pool*

Buoyancy helps  
relieve back  
pressure

Warm/Hot water  
relaxes muscles

Can speed  
dilation

Minimize  
interruptions  
(privacy)



*\*Not compatible with an epidural or  
TENS machine use\**



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