



Standing



Standing, leaning forward



Walking



Slow dancing



The lunge



Sitting upright



Sitting on toilet



Semi-sitting



Sitting, rocking in chair



Kneeling, leaning forward



Open knee-chest (Polar Bear) - Only to reposition baby

Positions and movements for labor and birth.



Open knee-chest, with support. Only to reposition baby



Lap squatting



Side-lying



Supported squat



Squatting



The dangle



Sitting and swaying on ball



Kneeling on birth ball



Standing and leaning on the ball



Shower



Bath



In large bath with partner and electronic fetal monitoring with telemetry