



SEMI-RECLINED

An upright, semi-reclining position doesn't have all the benefits of upright positioning, but it's more productive than lying flat. It decreases pelvis mobility but can provide rest for the birthing person between contractions.

SIDE-LYING

Lying on your side with something propping one leg up and forward can provide rest, help lower elevated blood pressure, and work well with an epidural. Ensure the legs are positioned to keep the pelvis open so the baby can rotate and descend.

