

The Labor Walk



1

Birthing Ball Bounces

Bring the birthing ball from your room to this station.

Place the ball in our ball holder and bounce for some time.

Ask your partner to stand behind you for support.



3

Midpelvis Rock

Ask your partner to remove the step stool from its holder, located across the hall.

Place one foot on the stool and the other on the ground.

Rock your hips left to right.



2

Standing Supported Squat

Stand with your partner supporting you.

Place your knees wider than hip-width apart.

Bend your knees and lower your bottom. Then stand up.

If you don't have a partner, use a chair. Alternate sitting in it and standing up.

Repeat 10 times.



4

Squat

Try some deep (or as deep as you can) squats.

Use the handrail or your partner for support.



5

Lunges

Time for some lunges!

Use the handrail or your partner for support.

Lunge to the side and lunge to the front.



6

Cat and Cow

Place your hands on your upper thighs or against the wall with your legs hip distance apart.

Inhale and round your back, wrapping your torso around your baby (cat).

Exhale and lift your chest as you arch your back (cow).

Repeat, using your breath as a guide while you slowly move between cat and cow positions.



8

Hydration Station

Fill your water bottle or grab some juice and a snack. Staying hydrated and nourished is important in all stages of labor. Your body needs fuel (food) and hydration (water) for energy to keep up with your body's — and your baby's — needs.



7

Hip Bounces

Bend your knees and stick your bottom out as if you were sitting on a chair or birthing ball.

Bounce your hips up and down.

You can also include your partner. Stand back to back and gently bump each other's behinds.