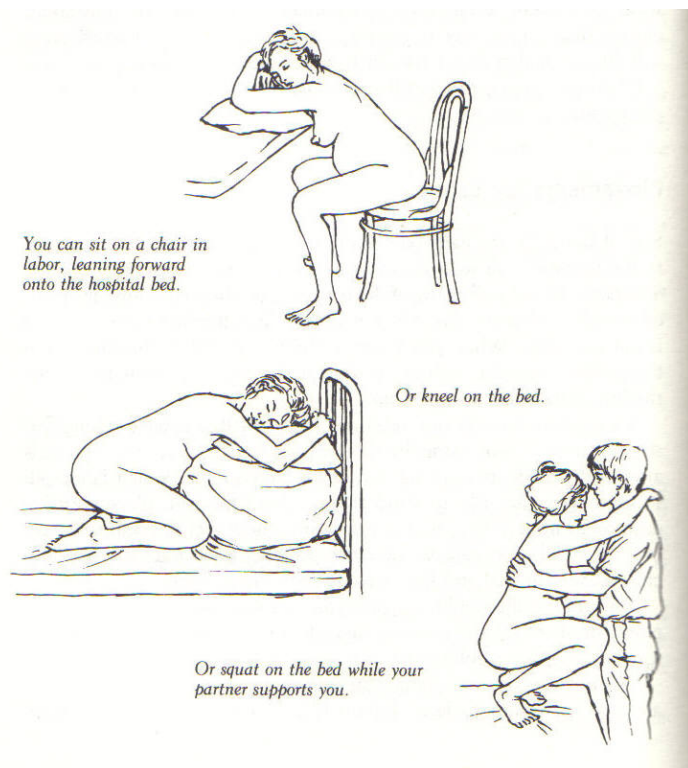


Helpful Ways to Use a Hospital Bed Without Lying Down

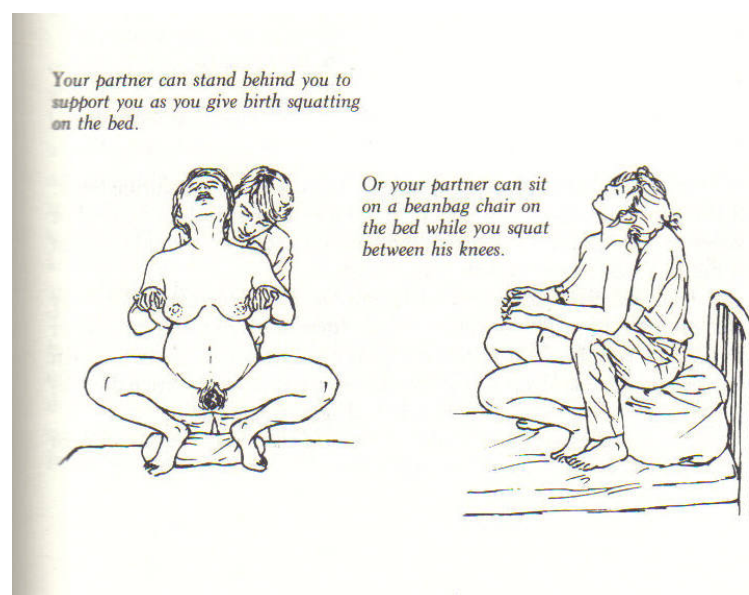
During labor:



Also try:

- Sit on birth ball and lean on bed.
- Sit on bed.
- Sit on bed and lean over ball.
- Kneel on bed.
- Hands and knees on bed;
- Stand up and lean on bed.
- Lean back of bed up and rest against it on your knees.
- Bring beanbag chair and put it on bed and drape over it.
- Partner sits on bed and woman leans on him/supported squats with him.
- Partner sits behind woman on bed (with back leaned up as far as it will go).

While giving birth:



Also try:

- Hands and knees on bed.
- Kneeling with one leg up.
- Holding onto raised back of bed and squatting or kneeling.
- Squatting using squat bar.

During monitoring:

- Kneel on bed and rotate hips.
- Sit on edge of bed.
- Sit on ball or chair right next to bed.