



# Labor Checklist

Use these techniques during labor

## Three Sisters of Balance<sup>SM</sup>

	Relaxation	Pain Relief	Shorter Labor
Rebozo Abdominal Sifting	★ ★ ★	★	★
Forward-Leaning Inversion	★ ★ ★	★	★ ★ ★
Side-Lying Release	★ ★ ★	★ ★ ★	★ ★ ★

★ ★ ★ ideal

★ ★ good

★ might work

☒ do not do

## Birth Positions

	Starting Labor	Baby is high	Baby is engaged	We can see baby!	Don't give up! Try:
Abdominal Lift & Tuck	★ ★	★ ★ ★			★
Side Lunge			★ ★	★ ★ ★	★
Shake the Apples	★	★ ★	★ ★ ★	★	★ ★ ★
Knees close, heels out			★ ★	★ ★ ★	★
Squat w/ Anterior Pelvic Tilt			★ ★	★ ★ ★	★