

## Active Birth Skills

### What are active birth skills?

Active birth skills is where you choose to move your body in various different positions to help manage and progress your labour.

By being upright and active it helps your cervix dilate and efface and hopefully accelerating the labour process.

### What are some common tips to help you remain active during labour?

- TENS machine
- Massage – neck shoulders and back
- Heat packs – back and abdominal area
- Fitball – sitting, pelvic rocking, bouncing up/down
- Squatting down against a wall, bed, couch
- Yoga positions such as child's or frog pose
- Aromatherapy
- Breathing and visualization
- Hot shower or bath



### Further resources for Active Birth Ideas

I highly recommend booking a class with one of these for more education and advice on active labour skills.

Birth Body and Baby <https://www.bodybirthingandbaby.com.au/>

MAMABirth <https://www.mamabirthingeducation.com/>

My Midwives <https://www.mymidwives.com.au/classes>

Calm birth <https://calmbirth.com.au/>