"You know it's going to be painful (but) you have absolutely no idea what it's really like... it's true that you soon forget. I have no bad memories. I just remember this huge rush of love and relief"
If you need to rest, rest with your feet lower than your bottom to keep your pelvis open. Make use of whatever you have to stay upright.

Although most delivery rooms have a bed, remember lying on your back slows labour. Try lifting your bottom and leaning forward with each contraction.

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To help your baby ease down into your pelvis you could try swaying your hips from side to side against the wall or swaying from side to side holding onto an open door.

Warm water can be very soothing. Contractions are often less painful in water. You can also be monitored in the pool.

Firm pressure or massage on your lower back can help during a contraction.

Try kneeling if you are tired.

“As the contractions got stronger, I went on my hands and knees and it seemed to ease the weight on my back.”

Your pelvis will open wider if your knees are lower than your hips.

Work with your midwife to find the right support to help you stay upright.