**POSITIONS IN LABOR**

- **Kneel**
  - Pillow between knees and legs
  - Back of bed
  - Knees apart
  - Feet together
  - Partner’s lap
  - All Fours
  - Drop foot of the bed

- **Sit**
  - Rocking Chair
  - Sit forward
  - on stool
  - Toilet
  - Easy Chair
  - Drop the foot
  - Foot of bed removed

- **Squat**
  - Partner’s support
  - Squat Bar
  - Wall Support
  - Sofa

- **Stand**
  - Walking
  - Sway side to side
  - Lean forward
  - Lean on a wall
  - Lean into partner

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