

# Exploring Birth Movements in Water

(from *The Complete Book of Pregnancy and Childbirth* by Sheila Kitzinger, 2000)

Explore different positions for birth, such as squatting and kneeling, with the people who will be helping you at the birth. This will give everyone the opportunity to learn what to expect. Some movements may be more comfortable to do along the width rather than the length of the pool.

## Kneeling slide

**1** *Kneel forward, grasping the rim of the pool with your arms extended. Slide forward and backward, lifting your head and bending your arms as you pull forward and extending your arms as you slide backward.*



**2** *At the height of a contraction it may feel good to drop your head down in the water and blow out.*



**3** *Then lift your head as you pull forward and slide back with arms extended.*

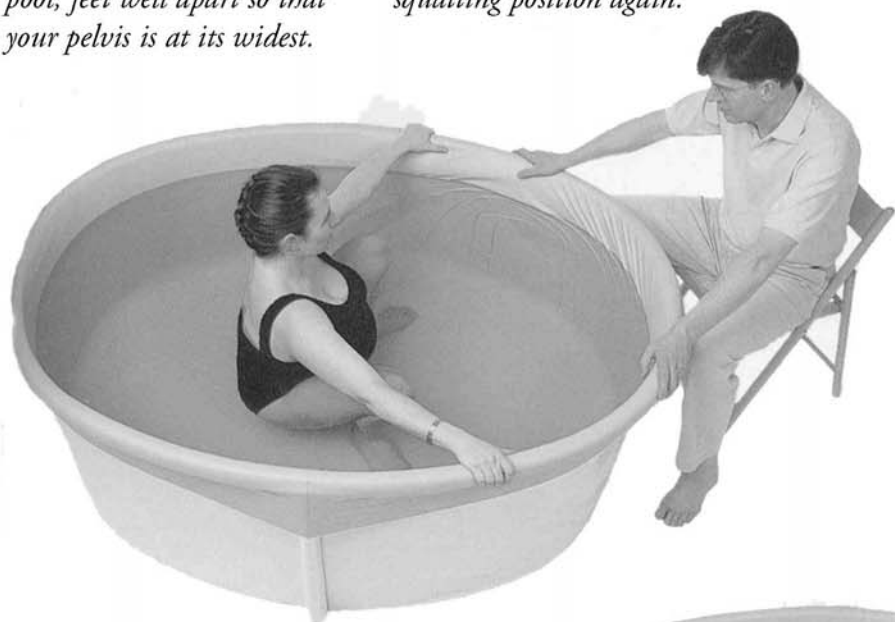
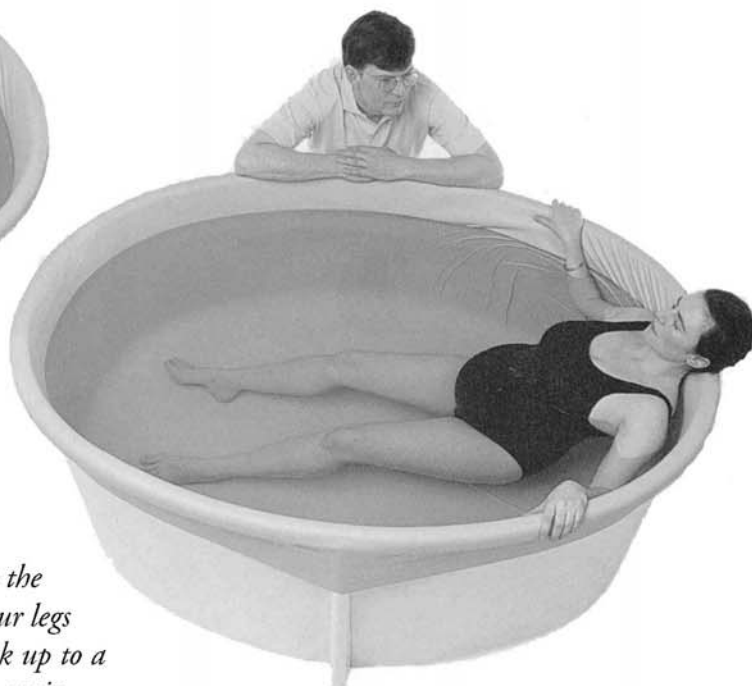




## Squatting and forward slide

**1** Squat in the water with your arms and shoulders supported by the rim of the pool, feet well apart so that your pelvis is at its widest.

**2** Slide down in the water with your legs extended, and back up to a squatting position again.



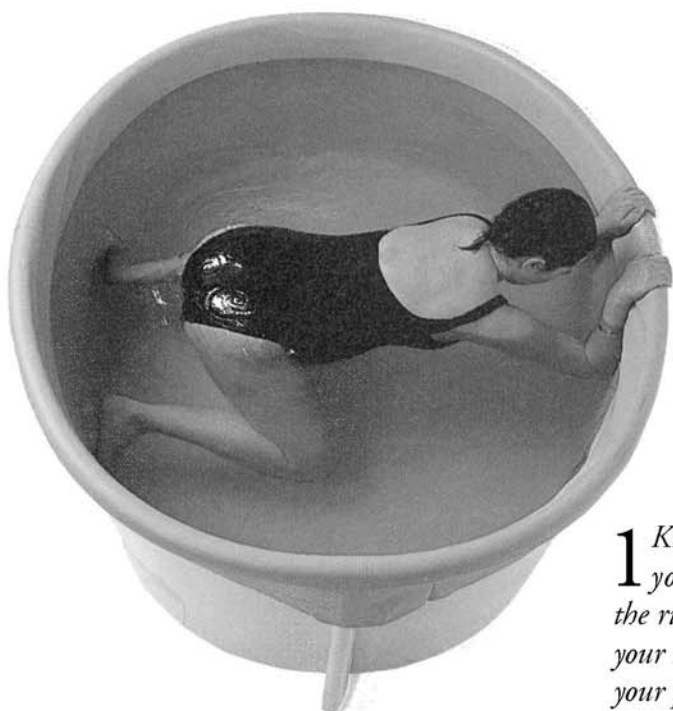
## Squatting and backward slide

**1** Squat in the center of the pool, knees wide apart, arms extended and holding the rim of the pool.

**2** Drop your body forward, legs extended behind you, and grasp your partner at waist level, while he supports your upper arms.



## Forward and backward slide on front



**1** *Kneel in the water with your arms supported by the rim of the pool. Keep your knees well apart so that your pelvis is at its widest.*



**2** *Slide down in the water with your legs extended, and back up to a kneeling position again.*

## Forward and backward slide on back

**1** *With arms spread wide and supported by the pool rim, sit with your legs across the width of the pool so that your feet are resting on the opposite side. Extra padding behind your head and neck makes this more comfortable.*



**2** *Slide forward and backward, using your feet against the side of the pool to propel you.*



## Supported kneel

**1** Kneel leaning forward, knees wide apart, with the rim of the pool under your upper arms. In this position, the cervix is tilted forward, which is helpful during the second stage of labor.

**2** Swing back to an upright kneeling position with your legs wide apart.



## Rim support

Lie on your side, your head and arms resting on the rim of the pool.

## Head cradling

Lie back in the water with your head cradled in your partner's hands. He should use a light touch, so that you can still move your head quite freely as and when you wish.

