



Labor Checklist

Use these techniques during labor

Three Sisters of BalanceSM

	Relaxation	Pain Relief	Shorter Labor
Rebozo Abdominal Sifting	★ ★ ★	★	★
Forward-leaning Inversion	★ ★ ★	★	★ ★ ★
Side-lying Release	★ ★ ★	★ ★ ★	★ ★ ★

★ ★ ★ ideal

★ ★ good

★ might work

☒ do not do

Use Side-lying Release at any time before or during labor, before or after Forward-leaning Inversion.

Don't do Forward-leaning Inversion with risk of stroke, high B.P.. Prevent falling. Don't do Side-lying Release if hypermobile.

Birth Positions

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

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