

	<p>Walking What does walking in labor do? Walking helps to reduce the total time of first stage labor, because it keeps the pelvis moving to help the baby find the best way through. It also keeps the mother active, which helps her to reduce boredom.</p> <p>When should the mother walking in labor? Walking and swaying can be used at any time in labor, even between pushing contractions if the mother desires the stretch. If the labor is slow to progress, or slow to start, walking can help encourage a good blueprint of contractions.</p>
 	<p>Hands and Knees The hands and knees position helps to relieve pressure on the back by using gravity.</p> <p>When should I get on my hands and knees? The hands and knees position is very valuable when the mother is experiencing back labor. Many women find that laboring on hands and knees and doing pelvic rocking helps to turn a posterior baby. Others find that modifying the position to have the head and shoulders on the floor allows gravity to pull the baby toward the top of the uterus, providing some room for the baby to change positions.</p>