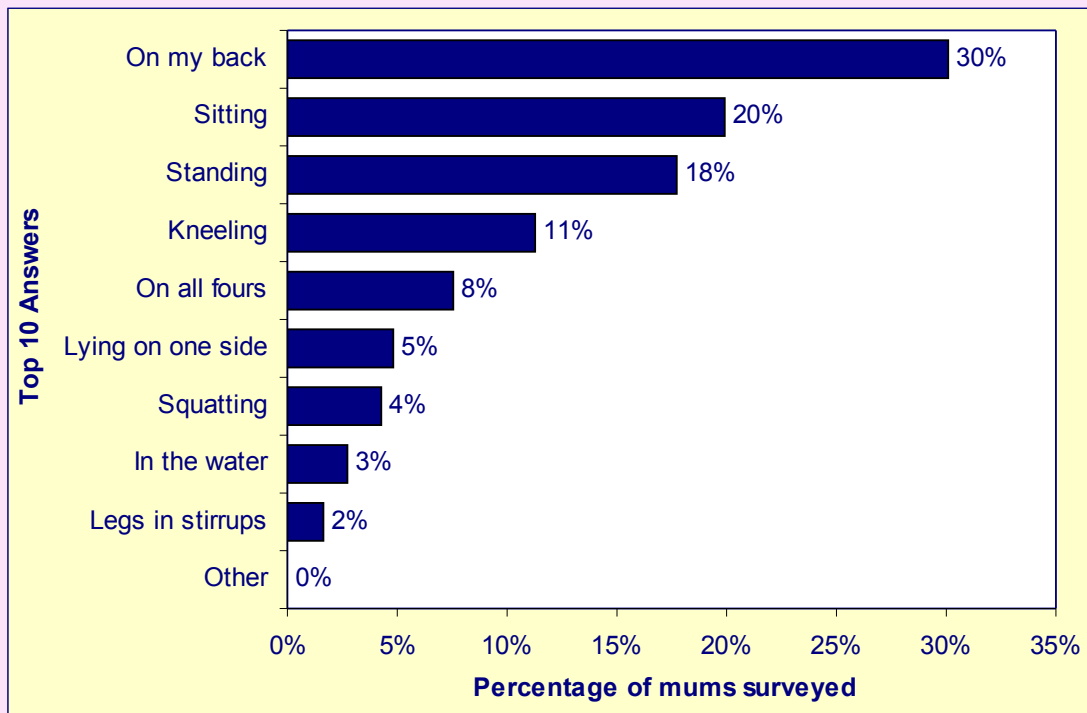


### Survey Question:

“Which birthing position worked best for you for your childbirth?”

### The “Top 10” most popular answers are:



#### Info on the survey:

- Lying flat (supine) is first believed to have become popular in the Courts of Louis XIVth but became common practice following the American Health Profession favouring it, due to the ability to easily monitor and intervene from the 1940s.
- However, modern advice suggests that moving between different positions during the three stages of labour can help reduce the length of labour, chances of intervention being needed and the associated pain. In fact, most studies conducted suggest that lying down is one of the least efficient or favourable positions for labour for most women.
- “When a woman in labour is positioned other than flat on her back, blood flow to the uterus is increased and the woman feels less pain. This means more oxygen to the baby, more normal fetal heart patterns, more effective uterine contractions, a shorter second stage of labor, and less need of pain medications—all positive factors that encourage a normal vaginal birth.”

*Source - Journal of Perinatal Education.*

- Our surveys show that the favoured birthing position of mums is lying down. However:
  - Sitting and standing are now more popular together than lying down.
  - The ratio of mums trying each birthing position to that they considered worked best is lower for lying down than for either sitting or standing.

<b>Useful Links (see the 'more info' tab for all links)</b>	
<b>Link Type</b>	<b>Website Address</b>
Birth positions	<a href="http://www.empoweredchildbirth.co.uk/cgi-bin/hib.cgi?page=freenatpos">www.empoweredchildbirth.co.uk/cgi-bin/hib.cgi?page=freenatpos</a>
Birth positions	<a href="http://www.babycentre.co.uk/referencedarticles/pregnancy/positionsforlabour/">www.babycentre.co.uk/referencedarticles/pregnancy/positionsforlabour/</a>
Birth positions	<a href="http://www.emmasdiary.co.uk/pregnancy/labour.html">www.emmasdiary.co.uk/pregnancy/labour.html</a>
Water birth information	<a href="http://www.thegoodbirth.co.uk/the_benefits_of_a_waterbirth?gclid=CJW3s-S44okCFSYbEAodBQLeFg">www.thegoodbirth.co.uk/the_benefits_of_a_waterbirth?gclid=CJW3s-S44okCFSYbEAodBQLeFg</a>
Water birth information	<a href="http://www.babyworld.co.uk/information/birth/waterbirth/main.asp">www.babyworld.co.uk/information/birth/waterbirth/main.asp</a>
Water birth at home	<a href="http://www.homebirth.org.uk/water.htm">www.homebirth.org.uk/water.htm</a>
Water birth pool hire	<a href="http://www.waterbirth.co.uk/">www.waterbirth.co.uk/</a>
Water birth pool hire	<a href="http://www.aquabirth.co.uk/">www.aquabirth.co.uk/</a>

<b>Survey Stats</b>	
Date of survey	July 2006
Number of mums surveyed	250
Type of mums surveyed	50% with one child; 50% with more than one child