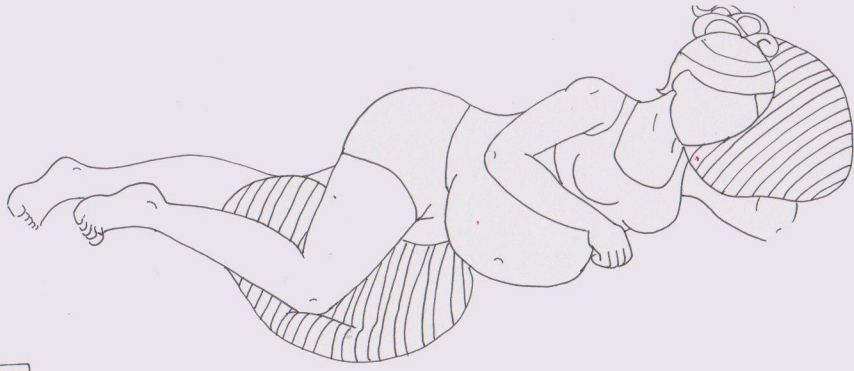


# Positions for Early Labour

find more information at [Diaryofafirstchild.com](http://Diaryofafirstchild.com)



Slow dance



# Positions for Pushing



Sitting with feet up



Leaning

