

# Upright Birth infographics brought to you by |



Research has shown that adopting upright positions during labour and birth can have many advantages for both mother and baby. We've created this infographic to provide you with some of the benefits.

The chance of your baby becoming distressed during labour when upright is decreased by

# 54%



Being upright during labour and birth can increase the available space within the pelvis by **28-30%** giving much more room for baby to be born



Some studies have shown that an upright position in labour is as effective as an Oxytocin (Pitocin) drip in stimulating contractions



The length of the early and middle parts of your labour can be shorter when adopting upright positions



Your chance of needing medical assistance e.g. forceps is reduced by **23%** if you birth in an upright position

Your chance of needing a cut in your perineum to help baby be born is reduced by **21%** if you are upright

A **29%** reduction in emergency caesarean sections

Details of the above research can be found at [www.CUB-support.com](http://www.CUB-support.com)

You will have less chance of needing stitches for a tear and less swelling

Reduced need for epidural pain relief when upright

The time taken to push your baby out is shorter with upright positions



## Better for mum, Better for baby