

Powerful Mamas® Natural Birth Course

****Focus Guide Series****

Lesson 9: The Second Stage of Labor

The following positions for pushing allow a woman's tailbone to flex open:

- A. Side-lying
- B. Squatting
- C. Semi-Prone Sitting
- D. Hands & Knees
- E. Lying Flat on Back
- F. Options A, B, and D

Name 2 instances when squatting could help with pushing efforts during the second stage of labor:

The following are just a few of the benefits of having your baby skin-to-skin immediately after birth:

- A. Baby is colonized with the parents' bacteria for a healthy immune system.
- B. Regulates baby's body temperature.
- C. Regulates baby's blood sugar levels.
- D. Improves chances of exclusive breastfeeding at six months postpartum.
- E. Calms baby.

Releases oxytocin in the mother, clamping the uterus to slow postpartum bleeding and facilitating bonding.

- F. All of the above!

Name one example for when spontaneous pushing might be helpful.

Name one example where purple pushing might be helpful.

Name one example where laboring down might be helpful.