

birthmatters

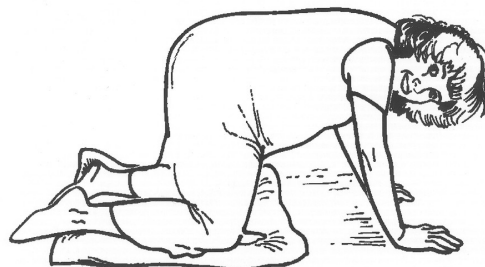
AT THE START OF FAMILY LIFE



LOCAL ANTENATAL COURSES FOR LOCAL PEOPLE

REASONS TO AVOID LYING DOWN IN SECOND STAGE

- * The amount of space in your pelvis is **limited**
- * Your coccyx **cannot move back**
- * You are working **against gravity**
- * You are pushing your baby **uphill**
- * You may find it **difficult to feel** where to push
- * There is a **reduced blood supply** to your uterus

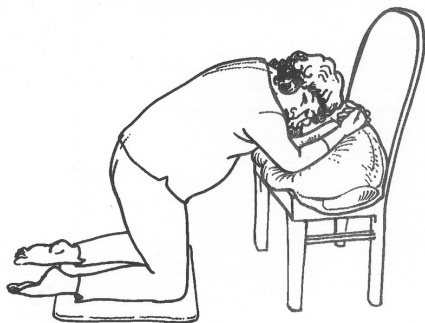


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Pictures from : 'Preparing for Birth: Mothers' by Andrea Robertson (1 and 2) : NCT (3 to 6)