

# Positions for labour

Making your labour shorter, easier and more comfortable

nct 1ST 1,000 DAYS  
NEW PARENT SUPPORT



Support line: 0300 330 0700 [www.nct.org.uk](http://www.nct.org.uk)

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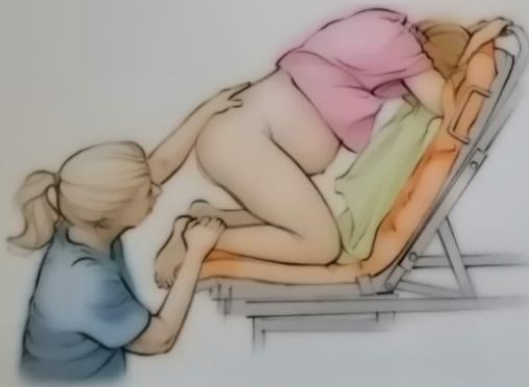
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# Positions for birth

Making the birth of your baby easier

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