



## Videos for Labor Positions, Rebozos, Birth Balls & Pushing

*The information and recommendations in these videos are not a substitute for health care. Please consult your health care provider for information specific to you and your health.*

- **How to Have a Faster Labor with a REBOZO**
  - <https://www.youtube.com/watch?v=oUb4hT2Zizg&feature=youtu.be>
- **How to Have a Faster Labor with a BIRTH BALL**
  - <https://www.youtube.com/watch?v=cdxelXEPMFo&feature=youtu.be>
- **The Best Labor Positions for a Faster and Easier Birth**
  - <https://www.youtube.com/watch?v=PKXtUi-giGA&feature=youtu.be>
- **Get Upright and Follow Urges to Push**
  - [https://www.youtube.com/watch?app=desktop&feature=player\\_embedded&v=NjtM4EtSs34](https://www.youtube.com/watch?app=desktop&feature=player_embedded&v=NjtM4EtSs34)
- **How to PUSH During Labor | Best Positions to Push Baby Out!**
  - <https://www.youtube.com/watch?v=EQwruLMWWsg>
- **The Miles Circuit**
  - <https://www.youtube.com/watch?v=FS5ywrKZSns>
- **Stages of Labor**
  - <https://youtu.be/samWyTjFmS8>

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