

# PEANUT BIRTH BALL

## Key Peanut Ball Positions



*Straddling with Partner*



*Kneeling Forward Leaning*



*Side Lying Leg On*



*Side Lying Straddling*



*Straddling with Birth Support Rope*



*Sitting Leaning Forwards*



*Asymmetrical Kneeling*



*Semi-Sitting Asymmetrical*



*Side Lying Leg Over*

*Evidence Based Approach to Birth*