

Benefits of Using a Birthing Sling

THE SLING ALLOWS BEING ACTIVE AND UPRIGHT

Research has shown that being active and upright during labor leads to decreased pain, more effective contractions, and baby will be able to get into the perfect position for delivery.

The labor sling is mounted to the structural frame of the hospital and able to support 500 pounds. The sling is most comfortable when it is not putting pressure on your abdomen. The sling does not support your abdomen but rather supports your body. You are able to sit in it, lean into it, use it as a support while sitting on the ball, support your upper body while squatting, or any position you find comforting. The trained nurses are able to show you the more common positions that moms find helpful.

You will need to support your weight to safely use the sling. If you have an epidural for pain, being out of bed using the sling is not an option.

