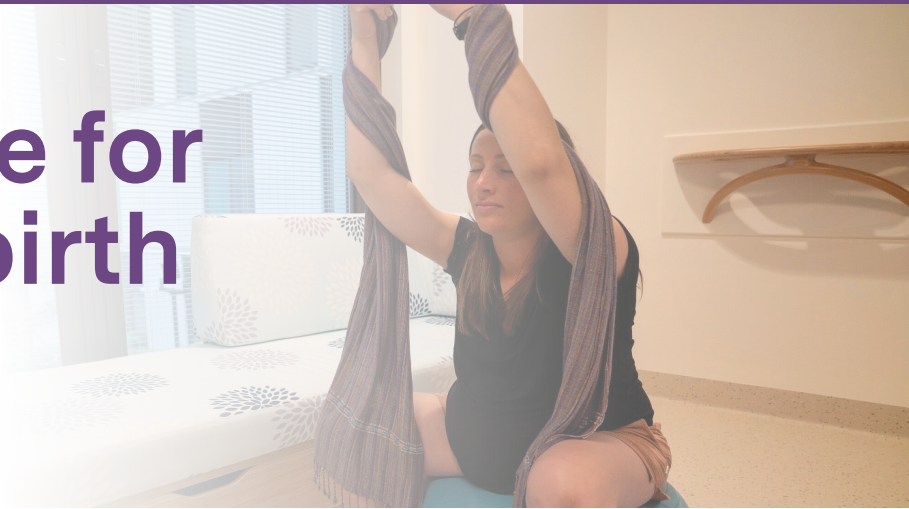




Support rope for labour and birth

Rebozo



A birth rope also known as a rebozo is a long piece of woven material hung from a support, usually the ceiling, to help with active labouring and birthing positions.

Staying active and using upright positions may help your labour to progress and improve a vaginal birth. This is because gravity helps move your baby down and relaxes your muscles, so your baby can move through the birth canal more easily.

You might like to use a birth rope to help you achieve active labour and assist with your comfort. The birth rope can be used during labour and birthing to provide a squatting, kneeling or standing position while also supporting you for rest.

The birth rope can be used to 'pull down' on, or it can be wrapped around your hands or arms for support whilst bearing down. It can also be used on its own or with other items, such as a peanut ball, birthing (gym) ball, pillows, floor mat or a chair. Using these items in labour can help you find comfortable positions.

There are many different techniques that can be used with a birth rope and your midwife can help you find what is most comfortable for you during your labour and birth.

Nepean Hospital can provide the birth rope for your use. Please speak to your midwife if you would like to use one.

Scan the QR code for more information and resources



Birth Unit contact information

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