

SOAR Labor Position Bingo Card

EMPOWERING HOSPITALS
TO IMPROVE BIRTH



Side-lying
Release



Peanut
Ball



Captain
Morgan
Lunge



Hip
Dips

Curb
Walking



Throne
Position



Hands
and
Knees

Birthing/
CUB
Stool

Squat
Bar



Rebozo
Jiggle

Flying
Cowgirl

Free
Space

Walcher's
Position

Backwards
Toilet
Sitting



Standing in
Shower



Squatting

Slow
Dancing



Forward
Leaning
Inversion

Birthing
Ball



Tailor
Sitting



Tug of
War

Abdominal
Lift and
Tuck

Child's
Pose

