

Breech Baby Script

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Can be used as a daily relaxation practice when mother is in inverted position.

As I lay here, I take long breaths and relax my body.

Your head presses towards my chest. The pressure of your head makes you wiggle.

Come on [BABY], come around. Move your head, move your body to take the pressure off.

Turn around, tuck your chin, and come towards my cervix. My cervix and vagina are your opening to the world.

Come close so you will be all ready to come out when the time is right. I am ready to welcome you.

Turn around, [BABY] turn around. I am relaxing my body to give you more time to turn around and get ready to be born.

You are welcome to share this and use this. Please link back to [this post](http://www.sweetpeabirths.com/blog/2013/01/05/5-Point-Plan-To-Turn-A-Breech-Baby.aspx) (http://www.sweetpeabirths.com/blog/2013/01/05/5-Point-Plan-To-Turn-A-Breech-Baby.aspx) and acknowledge the source if you do so. Thank you for your consideration.

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