

LIST NO. 1

Here are 17 Ways to Turn Your Breech Baby!

Be sure to check with your provider before trying the positions for turning a breech baby to see if there is any reason why you should not use them.

1. Visualizing the baby moving down with the head very deep in your pelvis, several times a day; especially in conjunction with positions and exercises below.
2. Swimming as often as possible. This keeps your body and pelvis loose and relaxed. Do in conjunction with headstand below if you have help.
3. Headstand - with assistance and in a pool frequently as possible.
4. Breech Tilt - begin at 32-35 weeks gestation. Do 3 times daily for 10-15 minutes each time, when you have an empty stomach, and the baby is active. Prop one end of an ironing board securely on a sofa or chair 12 to 18 inches high (or may use slant board). Lie down, bend knees but keep feet flat on board. Relax, breathe deeply, avoid tensing. May also use pillows on a flat surface to raise hips 12-18" above shoulders. Gravity pushes the baby's head into the fundus, tucks it, and baby can then do a somersault to a vertex position.
5. CD/iPod headphones - place them inside mom's pants toward her pubic bone and play classical music for 10 minutes 6-8 times a day.
6. Flashlight - try moving slowly down from the top of the uterus toward your pubic bone while you are in a breech tilt position.
7. Massage - start with your left hand at the bottom of the abdomen and your right hand just above it. Move move your hands clockwise around the right side of your tummy. As your right hand reaches the top of your abdomen, slide the left one over your right and move it down the left side of your tummy. Your left hand leads as you you come full circle, continuing clockwise. Massage gently as you would to apply lotion. Massage for ten minutes or more up to several times each day.
8. Clothespin - place on the small toe of each foot at the outside corner of the toenail; sideways so that the toenail and toepad are stimulated for 30 minutes per day, this is an acupressure point that is a "moving down" point. You can also do this with just finger pressure as you remember to do it.
9. Motion Sickness band - place with the bead four fingerwidths above the inner ankle bone - another acupressure point that is used for stimulation of the uterus. Do not use this point if you are experiencing any pre-term labor.
10. Glass of orange or other juice - follow this with a side-lying position with your hips positioned higher than your feet. Babies move more after a sugar high!

11. Pelvic Tilt- with an ice pack on the top of your tummy on an empty stomach, 10 minutes twice a day. Do this while lying on your back on the floor with knees flexed and feet on the floor with three large pillows placed under your buttocks. Try this in conjunction with headphones and visualization.

12. Cat stretch - start with all fours, then lay your head and chest flat on the floor with your buttocks in the air, as you round your back and return to all fours.

13. Knee-chest position - by kneeling with hips flexed slightly more than 90 degree, but with thighs not pressing against your tummy and your head, shoulders and upper chest are flat on a mattress for 15 minutes every two waking hours for five days.

14. Belly Relaxing followed by Inversion - Partner places a shawl, sheet, towel or rebozo under mom's hips as she lays on the floor. Lift up on the corners of the cloth and shimmy her from side to side moving your hands up and down to wiggle her belly from side to side. These should be very small movements which mom should find very relaxing. Do this for about 5 minutes. Then mother kneels on the stairway landing. Walk your hands down 2 or 3 stairs into an all fours position; have your partner support your shoulders to balance you. Remain in this position for about 5-10 minutes or as long as comfortable. Also do this on an empty stomach.

The following techniques to turn breech babies to vertex involve the assistance of a specialist or medical professional:

15. Acupuncture - find a acupuncturist who is familiar with pregnancy and knows the points to stimulate for turning a breech baby.

16. Webster's Breech Technique - see a Chiropractor who is experienced in this technique.

17. External Version - this can be done in the hospital at about 37 weeks; see an Ob-Gyn for assistance and more information.

For more information about how to reduce your chances of having a cesarean, click [here](#).

Did you have a breech baby? What was your experience like? Or do you currently have a breech baby? What methods have you tried? Share your story!

The copyright of the article Turning A Breech Baby in Pregnancy & Childbirth is owned by Brenda Lane. Permission to republish Turning A Breech Baby in print or online must be granted by the author in writing.

Krystyna's Note: Unable to obtain permission since this page does not seem to exist as checked on 1/5/13:

http://pregnancychildbirth.suite101.com/article.cfm/turning_a_breech_baby#ixzz0KZJNHGLA&D

LIST NO. 2

Ways to Turn a Breech Baby

There are many ways to try to encourage a breech baby to turn. The following is a list of non-invasive, non-painful, benign suggestions. It does not hurt to try - not trying and winding up with a Cesarean Section will hurt!

1. Knee to Chest Position

In one study of 71 breech babies, 65 turned when their mother adopted the knee-chest position. To do this, kneel with your hips flexed at slightly more than 90 degrees (but do not let your thigh press against your abdomen) and try to keep your head, shoulders, and upper chest flat on your mattress. Maintain the position for 15 minutes every two waking hours for five consecutive days. By positioning your body so your head is lower, gravity encourages the baby's head to "float" toward your fundus, flex her chin onto her chest and start to turn under. As pressure builds on the back of the back of the baby's head, she gradually rotates first into transverse, then all the way to vertex.

2. Breech Tilts

Do when you have an empty stomach and times when the baby is active. Concentrate on the baby, avoid tensing the body (especially the abdomen). Lie on your back with your hips elevated 12" (use pillows) and your hips and knees flexed. Gently roll through 180 degrees from side to side for 15 minutes and repeat this maneuver three times a day.

3. Pelvic Rocking

To do pelvic rocking get down on your hands and knees and gently tilt your pelvis as you arch your back, then return your back to a flat position and relax your pelvis. Do thirty to forty of these 3 times every day.

4. Ironing Board

Elevate the pelvis by laying on a board or ironing board that has been propped up onto the edge of a couch - MAKE SURE IT IS STABLE! This position should be assumed for 8 to 10 minutes daily. This position has been shown to be as successful as an external version in some studies.

5. Massage with External Stimulation

Give the mom a full rocking massage - it relaxes the whole body and is essential for the mom to feel the space for the baby to turn. Then, place pillows under her knees, tilt her slightly with a rolled up towel on the right side. Touch the baby (mom's belly, talk to the baby and rotate hands in the direction that they want to go). Have total faith and it will turn.

6. Cat Stretch with Light & Music Stimulation

First, get in a "cat-stretch" position: on all fours, head lower than rear end. You can use pillows to kneel on. Take a flashlight, turn it on, and put the light against your lower abdomen directly the skin - the lower, the better. At the same time, use a walkman or portable CD player's headset against the lowest part of your belly, with music turned on (but not blasting-loud). The fetus will hear the music and see the light, both encouraging him/her to turn toward it, i.e., your pelvis. Try for 30-45 minutes. You may need to do deep breathing - the baby will be MOVING!

7. Moxibustion

A form of acupuncture which is currently the subject of a research study to see if it could help turn breech babies. Some therapists claim an 80% success rate, but before trying it, seek advice from a qualified acupuncturist

8. Webster's Technique

A technique used by specially trained and certified chiropractors to align the pelvis to let the baby turn.

9. Visualization

A way to enlist your mental powers to help turn the baby. Combine visualization with other exercises. You can silently picture what you want to happen. Say to yourself, or have your partner say the following or something similar: "As I lie here in a tilt, I take long breaths and relax my body. Your head presses toward 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 toward 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 and I'll be ready to welcome you. Turn around...turn around. I'm relaxing my body to give you more room to turn around, to get ready to be born."

10. External Cephalic Version (ECV)

MUST BE DONE BY A DOCTOR OR MIDWIFE!!! Should not be done on women who are rhesus negative, have experienced bleeding already, or whose placenta is situated low in the uterus. Risks associated with ECV including the possibility of causing distress to the baby and a chance of bleeding or premature rupture of the membranes. Baby is turned externally with strong guided pressure, which can be very painful. Success rates are about 65% in studies.

11. Change Doctors!

Your next best option is to search for a doctor in your area who has experience delivering vaginal breech babies. The doctor would assess the size of your baby and your pelvic size and then make a decision concerning allowing the baby to be born vaginally.

Krystyna's Note: This seems to be another non-existent page as checked on 1/5/13

<http://www.beautiful-births.com/content/resources/breech.html>

LIST NO. 3

Breech means that your baby is head up instead of head down. This at term or the 37th week of pregnancy. One of the things that you might try to do is to turn your baby prior to the beginning of labor. There are things you can do including:

- * Breech Tilt Exercise

The breech tilt exercise is simply taking your hips above your heart. Some women do this with pillows stacked under their hips. It's probably easier and more stable to actually lean an ironing board on your couch and lay with your head towards the floor. This works by encouraging your baby to leave the pelvis and flip. Remember, babies want to be head down. It's all physics.

- * Cold at the Top of the Uterus

Using something cold at the top of the uterus of fundus, you can encourage your baby to move away from it. Since babies want to be warm and snuggly, this means they will often move away from the cold sensation. A bag of frozen peas works well. Be sure to do this with at least a thin layer of fabric between you and the peas.

- * Heat or Music at the Pubic Bone

A positive spin on getting the baby to move, is to play music at your pubic bone or even shine a flash light. Babies have been reported to move towards the sound or light. You might even combine it with the above tip.

- * Moxibustion

This is a form of Ancient Chinese medicine that involves burning a Moxi stick near a special point on your baby toe (Bladder 67). This should be performed by a practitioner of Moxibustion. Moxibustion has been studied and proven helpful at turning breech babies.

- * Webster Technique

This is performed by a qualified chiropractor. It involves adjusting the body to help relax any tension that may be holding the pelvis in a weird manner, thus creating a tense environment making it hard for the baby to maneuver around.

Krystyna's Note: This page still exists as checked on 1/5/13! Yeah!
<http://pregnancy.about.com/od/breechbabies/a/breechbabies.htm>