

Breech Information Handout

Turning Breech

1. **Postural Inversion:** Laying on her back on a board or using pillows so that her head is about 40 degrees lower than her feet. (lying with the hips propped up 12 - 18 inches higher than the head 3 x's per day for up to 20 minutes at a time)
2. **Play music**, preferably with headphones, placing them low down on her uterus. Place a transistor radio in the mother's pants and play it for 10 minutes 6 to 8 times a day. (classical or very soothing)
3. Shine a very **bright light** low down on her uterus, or even between her legs. Move a flashlight over the belly from the fundus to the pelvis while the mother is in the tilt position, (mag flashlight) near the crotch area especially while sleeping
4. **Cold/ice** wrapped in towel at where the head is and **heat** down in the lower pelvis can encourage baby to turn.
5. **Communication:** Communicate with your baby. Have someone (preferably the father) talk loudly but soothingly to the baby, low on the belly, close to the skin, telling the baby to turn around, to come towards the voice (have also heard that commanding works). Something I have seen work with several of my moms and myself is having the Daddy put his mouth down where the babies head should be, then Daddy should talk to his baby and tell him/her to turn around and put its head where it should be. My last baby *always* responded to Daddy's voice and did whatever he ask!
6. **External version:** Done after 36 weeks till 38 weeks. This is where the mother is given drugs to relax her uterus, then the Dr/Midwife uses his hands externally to turn the baby around. This, of course, has it's pros and cons, which should be weighed. It also can be very painful for the mother (but not as much pain as she'll have after a c-section).
7. **Acupuncture** usually entails the use of moxibustion instead of needles. I've heard people have great success with this. Acupuncture point bladder 67 (located on the little toe at the outer corner of the nail bed).
8. **Visualization:** Find every picture of a head-down baby you can find and plaster them all over your house/work, in your purse, and anywhere else you can think of and keep the faith. Your baby will turn! Also, talk to the baby about its motivation for turning around. There is also a birth guardian in charge of your baby who you can communicate with about this. Sometimes this is the only way unborn babies have of getting through to us. Try to listen.
9. One that I heard was to do 100 **pelvic rocks** an hour along with everything else....
10. **Swimming pool tricks:** Sometimes doing somersaults yourself in the water can turn a baby..... diving into a pool several times. Have the mother walk on her hands in a swimming pool.
11. **Thoughts and/or fears?** Release that tension and the baby will turn when he feels you relax. For example, I was considering doing my birth unassisted a few weeks back and

my baby turned breech. I wouldn't do a breech unassisted so I suggested an agreement with the baby that I would make every effort to have the midwife there if she would turn vertex. She did a few hours later. BTW, the idea of doing an external version didn't intuitively feel right at the time, partly because I was only 32 weeks but ... trust in yourself! Breech and transverse positions symbolize comfort for the mother and baby, as the position places the head nearer the mother's heart. Relax mothers, relax babies, easy to turn baby to vertex.

12. **Elephant walking:** It has worked well for my students who carry breech near term. Elephant walking is walking on hands and feet instead of knees. As soon as you try it, you will see why it would work! It's very difficult to do, but it definitely helps loosen the baby up and out of the pelvic ring. Some people feel the baby turn as soon as they start doing it.
13. **Homeopathic** Pulsatilla in 200C potency or higher. Have the mother take one dose every 3 days while doing tilt exercises.
14. **Water:** Drink plenty of fluids. A Gallon a day more amniotic fluid aids in baby turning.
15. **Chiropractor** perform the Webster technique as appropriate.

(RE: a Transverse lie) Get her into a warm pool. She walks into the water until up to her shoulders. Then have her dive down to the bottom of the pool. As she is dewighted so is the baby and the heavy part of the baby (the head) will go into the pelvis. She may have to do this three times but I have never had it fail.

Websites about vaginal breech birth.

<http://www.gentlebirth.org/archives/breechbr.html>

<http://www.breechbabies.com/>