

Encouraging Baby to be Head Down

These ideas are not about pathologizing breech! The question becomes how to create more space so that if the baby needs to turn, it can. And where in the body can we create more space? Joints in the pelvis, upper respiratory diaphragm, allowing the pelvis to be more mobile so that the muscles and ligaments are supple and elongated (not too tight, not too loose). For instance, tight hamstrings can create a posterior tilt in the pelvis. Tight hip flexors may limit mobility of the pelvis. When one area of this container is weak, other parts of it (including the pelvic floor or lower back) may compensate.

Balance, Gravity and Movement for all Pregnant Women:

1. Chiropractic, myofascial techniques and craniosacral therapy can help in balancing your body as well as readjusting things structurally. This is especially important if you've had any previous sports injuries or accidents. It is also part of what is recommended throughout pregnancy if you've had a previous breech presentation or long labor.
2. Start doing optimal baby positioning now. Pay attention to how you sit or spend your time. Semi-reclining postures can more likely lead towards a posterior baby. Sitting up, leaning forward and side-lying are great positions for pregnancy. Sitting on a yoga ball is also good for baby's positioning.
3. Be active. Take brisk walks which can help stretch tight psoas muscles as well as keep your blood flowing. Swimming is also good for exercise and balancing.
4. Do the following exercises as outlined on the spinning babies website: forward- leaning inversions, pelvic tilts, threading the needle (stretching the piriformis as a hip opener), and stretching your psoas. If you can do the side lying release, be sure to do it on both sides. You'll need a partner for this.
5. Use a pregnancy belt to support your ligaments and baby's body. This is especially useful for exercising or long walks.
6. If you've had a history of breech, check thyroid function with blood work.
7. Stay well hydrated throughout pregnancy with water and electrolytes (even coconut water).

If Baby is Breech after 33 weeks

1. Stay well hydrated so that baby has an easier chance of turning.
2. Do a forward leaning inversion followed by the breech tilt 3 times a day for up to 20 minutes to encourage baby to move out of the pelvis and turn. You can also apply frozen vegetables behind the baby's head as the baby will move away from the cold.
3. Have a firm parenting talk and spend time connecting with baby.
4. Do the side-lying release described in spinning babies twice daily.
5. Spend some spare time in open knee-chest position.
6. Homeopathic Pulsatilla 30c once daily for three days. Then every other day.
7. Moxibustion applied especially between 34 to 36 weeks to pinkie toes at BL-67.
8. Go to a chiropractor that specializes in the Webster's technique twice weekly.
9. Visualize your baby head down.
10. Dive down into a headstand at the bottom of a swimming pool.
11. Ask your provider about the options they provide for breech birth. If they don't have the skills to provide options, ask for a referral for a provider who does. Ask and research about an External Cephalic Version (ECV).
12. Go for acupuncture or maya massage or both.

Look into your options if your baby decides to stay breech! Educate yourself with learning aids, movies, research, and talk with other mothers or providers that support your vision of your birth. For more detailed information see:

<http://spinningbabies.com/baby-positions/breech-bottoms-up/flip-a-breech>