

FEET FIRST - Breech babies *alternative turning techniques*

Here are some useful, alternative techniques you can try that will encourage your baby to turn naturally...

The Chinese Way - The ancient Chinese art of Acupuncture is an effective healing system, stimulating points on connecting lines of energy that flow through the body. "What most people know of Acupuncture is that it involves needles," says Acupuncturist, Christian Ashdown. "For turning breech babies we also use a herb called Moxa, which is traditionally harvested, dried in sunlight and stored."

There is an Acupuncture point on the outside of your little toenail, the Zhiyin, on the bladder and kidney meridian which is the water element representing the beginning of things. This point is stimulated for twenty minutes on each foot, by burning a small piece of Moxa (the size of a grain of rice), which gives an intense, sharp heat. The procedure is repeated twice a day for a maximum of five days.

"Often you don't feel it turn, as it can happen at night" Says Christian. I have personally had some experience of this, as I have successfully used this technique. I did not feel my baby turn and was surprised (and relieved!) when my midwife confirmed that not only had my baby turned, but also the head was engaged!



Dr. Tara and Pregnant practice member Nicole

The ideal time to use this technique is between 30 and 36 weeks into your pregnancy. It is less effective if you are more than 36 weeks pregnant.

Homeopathy - Homeopathy is ideal for use during pregnancy, being a gentle yet highly effective system of medicine that has been in use for nearly two hundred years. It is a holistic treatment that takes into account a patient's physical, mental, emotional, spiritual and general well-being. It cannot cause harm. The worst outcome is that you do not respond and there is no change as a result of the treatment.

Most effective if used at around 35 weeks and before the baby is deeply engaged in the pelvis. The remedy that is universally prescribed to help turn a breech baby is **Pulsatilla, in 30C** potency – one dose every two hours for up to six doses in 24 hours. Then skip a day and on day 3 repeat one dose every 2 hours (up to 6 doses in 24 hours). Discontinue when the baby turns head-down or continue every other day this way for up to 2 weeks. Or you can use Pulsatilla 200C. Take one dose and if no response try another dose a few days later. Do not repeat more than twice and discontinue when you have obtained results. This can be purchased from health food stores, Whole Foods and online retailers, but it is recommended that you consult a Registered Homeopath for the treatment to be fully effective.

Chiropractic - This treatment consists of a variety of specific manipulative techniques designed to improve the function of the joints.

One of the many pregnancy-adjusting techniques is called the Webster Breech Protocol, designed especially to turn breech babies by re-aligning the pelvis. If the mother's sacrum is twisted, gravity cannot affect the baby. As the muscles in the uterus then relax, the baby is able to respond to gravity again and turns head down. The treatment is usually every 2 to 3 days for two weeks.

This is a highly effective technique. The baby may move with such vigor into the vertex position that the mother can usually tell exactly when the baby turned.

Try The Following Exercises -

- Walking - Walking creates movement in the pelvis, providing more room for baby to turn.
- All fours - Crawling around on her hands and knees for 10 minutes a day can also help.
- Bear Walking- Crawling around on hands and feet for 10 minutes a day can also be effective.
- Breech tilt - The mother should not attempt this if she has high blood pressure. Get her to lie on her back with a pillow under her head, and 2 or 3 pillows under her hips. The pelvis needs to be raised 9 to 12 inches above the head. This should be done on an empty stomach and while baby is active. (see additional document on breech tilt)

Sound and Vision - It is well documented that babies can hear in utero. Perhaps your baby has turned to be closer to the sound of your voice or heartbeat. Try playing soothing music to your baby, placing the earphones on your lower abdomen. Or ask your partner or a friend to talk to your baby close to the bottom of your belly.

Water Works - It is said that immersing yourself in water increases your amniotic fluid, helping your baby to turn. Fill your bath with warm water and relax, using some of the visualization techniques in this feature. Or try a visit to your nearest swimming pool. Simply playing, turning somersaults and swimming can all encourage your baby to turn.

Mind Power - Do not underestimate the power of the mind! Make yourself comfortable, either sitting up or lying down, in a quiet place where you won't be disturbed. Create an atmosphere of calm and tranquility - perhaps by using essential oils, lighting candles or soaking in a relaxing lavender bath.

Relaxing your body completely, pay particular attention to your breathing rhythm - breathing deeply and slowly from the belly. Count down slowly from ten to one, becoming more relaxed with each count. When you feel deeply relaxed, visualize your baby turning a somersault. Use your powers of imagination to the fullest extent!



Dr. Tara and Pregnant practice member Karen

Prepare Yourself - Ask yourself if you are ready to welcome your baby into the world. Talk to your baby, explaining why you want him or her to turn. As your due date approaches, it is only natural to experience some fears regarding the birth and becoming a mother. Perhaps you are feeling nervous, or under stress from outside influences. If you find it difficult to talk about it, you may find it useful to write your feelings down.

At the end of the day, it might be that your baby prefers to lie in the breech position. After successful turning, some babies have even been known to flip back to breech! Don't worry if this is the case. The most important thing is that you discuss all options available with your midwife or obstetrician to reach an informed decision that is right for both you and your baby.

(modified from: http://www.susunweed.com/herbal_ezine/May05/childbearing.htm)

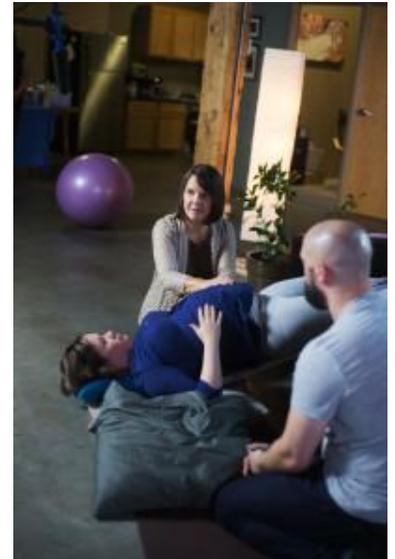
Breech Tilt <http://spinningbabies.com/learn-more/techniques/other-techniques/breech-tilt/>

Photos by Tanya Villano

The Breech Tilt is a widely-known inversion technique to help a breech baby flip to a head-down position.

Use this technique 1-3 times a day if you are told your baby is breech. You can start as early as 30-32 weeks and continue through to the time that you know that your baby is head down. Some doctors suggest starting later because most babies flip on their own. The Breech Tilt is not invasive. Ask your doctor if there is any medical reason not to do a Breech Tilt for your breech baby starting after 30 weeks. Alternatively, the [Forward-Leaning Inversion](#) is recommended at any weeks gestation for any fetal position.

Before doing the Breech Tilt, I suggest doing the Forward-Leaning Inversion for 30 seconds first and then going ahead with the Breech Tilt. For more understanding, read the [Flip a Breech](#) under Baby Positions. Read [About Breech](#) to see what I think the causes of breech babies may be, who's doing vaginal breech births, and what the risks might be for breech.



The Breech Tilt works on two Spinning Babies Principles: Balance and Gravity.

For Balance, the womb hangs from cervical ligaments stretching the ligaments slightly. When you get up the ligaments relax. With repetitions, this helps the lower uterine segment become more balanced. Better Balancing Acts: The Forward-Leaning Inversion, and chiropractic with Webster's. Use these activities together.

For Gravity, gravity moves the baby onto his or her head. The weight of the baby's body now bends the neck to help the chin to tuck on the baby's chest (flexion). Tucking the chin helps baby flip, just as it helps a gymnast flip.



Also, the hips are encouraged to either come out of the pelvis or stay out of the pelvis. After the chin tucks, the baby is ready to move head down- if there is room to get the head to swing down and there is room in the lower uterine segment to receive the head.

Secure a board or ironing board with pillows and lean it on the couch.

How to do the Breech Tilt

- Get a broad plank of wood, like an ironing board.
- Prop it at an angle against the couch or a chair. A few pillows stuffed around the base will help prevent tipping.
- Another pillow goes under your neck.

The funny thing is next. Lie on the board with your head down



and feet resting on either side of the board on the couch.

Try it a couple times to get it right. Remain on the board for up to 20 minutes, 3 times a day.

The Breech Tilt position is for creating the best angle to back a breech baby out of the pelvis to allow the baby to flip. Hanging out in this position may also help baby tuck the chin as the baby's head presses into the top of the uterus.



Open-Knee Chest; Alternative to the Breech Tilt

In the UK and Australia, women are encouraged to do the Knee-Chest position for 10 minutes, 3 times a day to help their breech baby turn head down.

A study was done that showed improved rates of baby flipping compared to not doing some type of inversion.

Open Knee Chest by Patience Salgado

Here is Gail and two Spinning Babies Workshop participants showing how to do the Open-Knee Chest position with support. I've got a scarf wrapped over her thighs to help keep the weight off her chest and face. She puts her shoulders over the feet of her (sitting) helper. The mother's face is completely between the helpers feet!

Summary

What: The Breech Tilt

Why: To encourage flexion and to prevent engagement of the breech presenting baby.

When: 30 weeks to birth. Most women will do breech tilts daily, 3 times a day, from 34 weeks until the baby flips and use additional techniques during that time as well.

How: A sturdy board (shelf board, ironing board) is set so that the high end is 15-21 inches above the floor. A couch may help stabilize the top of the board while a pillow underneath may help it

When not to: If you have a head down baby, don't do this exercise to try to rotate a posterior baby, for instance.

Before the Breech Tilt

The Forward-Leaning Inversion, Moxibustion, other balancing activities such as Rebozo Sifting, chiropractic work, etc.

After the Breech Tilt

If this doesn't work, please get professional assessment and help for aligning and balancing the pelvis. Increase minerals and chelated iodine (Prolamine iodine from Standard Process, seaweed, etc. See a professional for advice on iodine supplementation so that you don't toxify you and your baby, but rather nourish your thyroid.)