

Natural Measures for Turning a Breech Baby



Babies usually find their preferred “birth” position between 28-32 weeks. There are many natural ways to encourage a breech baby to turn into the head down position.

Turning a Breech Baby

Positions & Movement

Breech or Pelvic Tilt- using a tilt board (an ironing board works well) or pillows with feet and pelvis elevated 12-18 inches higher than the head 2-3x per day for 10-20 minutes after 30 weeks, preferably 32-35 weeks, on an empty stomach when the baby is normally active, some midwives recommend beginning at 28 weeks, be sure to place a wedge under one hip to displace the uterus to one side while lying in a supine position, can try with an ice pack on the baby’s head

Inverted Shoulder Stand- yoga posture, should be done when the baby is the most active, try to hold position for up to 5 minutes at least 2x per day until the baby turns, should be done with assistance for safety

Knee-Chest- begin on hands and knees, then raise hips up in the air and lower head, arms and chest to the floor

Pelvic Rocking- pelvic movement, back and forward, side to side, circular (try a hula hoop), spiraling (in a squatting position), figure eight

Belly Dancing- a good toning exercise for pregnancy and birth that can also help the baby to “dance” into the head down position

Swimming- weightless movement, doing head stands or walking on hands in a warm pool, turning somersaults in the water

Acupressure & Moxibustion- indirect moxa or acupressure to Bladder 67 (acupressure point on the outside of the baby toe), use with caution- can also cause contractions

Light & Music- a flashlight directly above the pubic bone on the belly, nice music or whale sounds down close to the pubic bone, headphones on the lower abdomen or a radio between the knees

Hot & Cold- an ice pack on the baby's head at the top of the abdomen while sitting in a bath of warm water, can also use a hot water bottle on the lower abdomen

Relaxation & Visualization- relaxing the body, mind, and emotions (releasing tension), visualizing the baby turning into the head down position (imagine a helium balloon on the baby's foot or the baby turning somersaults), seeing the baby already in the head down position

Meditation & Intuition- mother can check in with herself and the baby (fears, emotions, reasons why, removing barriers)

EFT- emotional freedom techniques, an emotional, needle free version of acupuncture based on the connection between your body's subtle energies, your emotions, and your health

Hypnosis- self-hypnosis or working with a practitioner, a hypnobirthing childbirth education program may be helpful for teaching relaxation and self-hypnosis techniques that will encourage the baby to turn on its own

Talking With the Baby- mother can talk to the baby and let the baby know that she would really like him/her to turn into the head down position, father can talk to the baby low on the belly and close to the skin telling the baby to turn around and come towards his voice

Drinking More Water- increasing the volume of amniotic fluid which makes it easier for the baby to turn (too little fluid), keep in mind- too much fluid can also be problematic (watermelon and cucumber with the seeds are natural diuretics)

Diet- according to Chinese medicine breech babies are too yin and the mother needs to consume more yang foods (fish, poultry, eggs, red meat, dairy, and miso) and decrease yin foods and products (fruit, ice cream, oil, coffee, sweets, drugs, chemicals, cigarettes, and stress)

Massage & Aromatherapy- use sweet almond oil to massage the belly over the area of the baby's back using a firm but gentle pressure, massage in the direction you want the baby to turn, Maya abdominal massage

Rebozo- a traditional Mexican shawl, can be wrapped around the mother's belly and used to encourage a breech baby to turn

Bach Flower Essences- Bougainvillea has been found to work really well for turning breech babies

Homeopathy

Natrum Muriaticum- a water balancing tissue salt for fluid imbalance (too much or too little amniotic fluid)

Ignatia Amara- 30c x 1 every two hours for fear, anxiety, or depression (related to suppressed grief, anger, or shock) which may be causing tightness of the lower uterine segment and keeping the baby high

Pulsatilla

6X 3-4x per day for 7-10 days combined with breech tilt 2x per day for 10 minutes (take Pulsatilla before beginning breech tilt) or

30c 2x per day for 3 days (up to 2 weeks) or

200c x1 every 3 days while doing breech tilt exercises or

200c x 1 for 2-3 days at 35-36 weeks or

1M x 1

Note: 30c or 200c can be given every 2 hours up to 6x in 1 day to turn a breech baby (do not take at this dosage level for more than 1 day)

The Webster Technique- done by a chiropractor, helps to correct sacral misalignment and balance pelvic muscles and ligaments, removes torsion to the uterus and the resulting constraint to the baby, allows the baby to get into the best possible position for birth

The Bagnell Technique- done by a chiropractor, very similar to the Webster technique but also includes evaluation and treatment of the first cervical vertebrae

External Version- done by a doctor or midwife at 36-37 weeks or earlier (more room, less resistance, the baby is smaller), mother may be given a tocolytic medication to help relax the uterus, be sure to understand possible risks

Other Concerns

Keeping the baby in the head down position:

Tailor Sitting 10-20 minutes 2x per day (soles of your feet together, touching, in front of you, lean forward)

Turning the baby from posterior to anterior:

Pelvic Rocking

Squatting

Forward Sitting (avoid bucket seats and slouching)

Hands and Knees

Belly Dancing

Sources

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