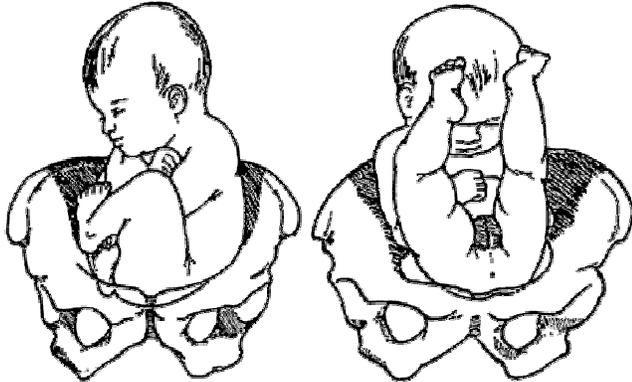


Breech Babies

When a baby is described as 'breech,' it means that the baby's bum, feet, or knees is entering into the pelvis first, rather than its head.



Complete Breech

Frank Breech

Breech babies come in all sorts of positions—the two on the left are the most common.

All babies are in a breech position at one point or another in the pregnancy, but most turn to a head down (vertex) presentation by 30-34 weeks. About 25% of babies are breech at 28 weeks, about 7% at 34 weeks, and at term about 3-4% are in a breech position.

Turning A Breech Baby

The following tricks are useful for getting a baby to turn into a vertex position. All of these tricks will be more effective if you visualize your baby turning while talking to the baby and encouraging her or him to move.

- Breech tilt—place a sturdy board that will hold your weight about 10-12 inches higher at one end than the other (for example, with one end on the floor and the other raised up on the edge of the sofa). Lie on the board with your head lower than your feet for 10-15 minutes, three times per day. You can have a helper shine a flashlight at the bottom of your belly while you do this.
- Music & Voice—place headphones playing soft music around the lower part of your belly, or have a nice friendly (and preferably familiar to the baby) person speak into your lower belly. Babies will often move their head towards the sound.
- Hot & Cold—lie in a warm bath, and place a bag of frozen peas on the top part of your belly, out of the water. Babies will move their head away from the cold temperature and towards the warmth.
- Go Swimming—sometimes doing somersaults under water or diving down to the bottom and back up again can get the baby to turn.
- Elicit help, the sooner the better—Acupuncturists use moxibustion, Chiropractors practice the Webster technique and Homeopaths have a variety of remedies that can help turn breech babies.
- External Cephalic Version—a technique performed by obstetrician that moves the baby from the outside of the mom's stomach.