

Breech Positioning / Turning

Webster Technique:

<http://www.worldchiropracticalliance.org/tcj/2001/aug/aug2001l.htm>

http://www.chiropracticresearch.org/News_study_shows_chiropractic_tech.htm

Discussion Group

Breech babies are ideally turned at 37 weeks. Any time prior may be too early and the baby can turn back into breech position. There should always be considerations made to natural means of turning a baby before external cephalic version and especially before considering a cesarean section. Information below offers a variety of options to turn babies in breech positions.

Topic: Positions to turn a breech baby

Question:

The baby is in a Frank Breech position. Mom is now 38 weeks and is anticipating a C-section. She has mentioned that she has done some bobbing around in the water and likes that. I asked her if she has read through the Spinning Babies site. This woman is very comfortable with water emersion - and I wondered if anyone has had success with water and particular movements that might help turn the baby? I have mentioned acupuncture to her as well as chiropractic too. I will also mention to her the use of hypnosis.

Responses:

1. There's another position that I call walking up the wall. If your mom positions herself on her bed, put her butt on one of the pillows, she can then walk her feet up the wall and support her butt on her hands. This is a little more extreme than lying at the end of the ironing board, but I've known it to work. I would think that it would have a similar effect to the handstand in the pool.

LV had a breech positioned baby...her last baby turned breech at 37 weeks and through hypnosis and a few other things she was able to get her baby turned around before she was born.

2. Diving to the bottom of the pool and then repeating that over and over is pretty effective to help baby get turned. I think it sounds like she finally accepted this baby in a positive light, and then decided to hold her baby close to her heart and not let go now that she's made this decision to accept that there's a baby in there.

Or, she can do hand-stands on the floor of the pool--the idea is for the mother to get head-down in the water, over and over again. The hand-stand option needs to be done in water deep enough to cover her 'UP' to the knees (while doing a hand stand underwater) this becomes a great lung capacity builder!

3. All of my babies are breech and I have had to turn them all, plus I work as a professional Homeopath and am frequently asked to turn breeches, I have turned all but two! I've found the following tips amongst my research - just in case any of you haven't come across them (my own babies always turned by the way, all of them around 37 - 38wks and they were all 10 or 11lbs at birth so must have been over 9lbs when they turned - there is hope for ANYBODY with a breech!):

a) *Shining a light, yes - but it works better if you actually shine it directly at the vagina - the light will be very mottled if it's shone through skin (remember it also has to get through fat, stomach muscles and uterine wall!) that way it just has to get through the cervix*

which is probably thinned by then, also it's directing them downwards more than on the tummy.

- b) Playing music to the bikini line, headphones positioned right on the bikini line just above the pelvic bone*
- c) A hot water bottle or wheatpack on the bikini line and an ice pack on the top of the bump - this has the effect of the baby moving away from the cold and towards the heat.*
- d) TIGHT cycling shorts if the mom is multiparous (baggy stomach muscles means baby can play around and turn more!), Ina May Gaskin recommends this, it squeezes everything together and kind of squeezes baby down - worked for me!*
- e) All fours (cat and dog yoga pose) and polar bear position (drop your hands down under your head keeping your backside raised in the air, straight back not-overly arched), handstands in a swimming pool or shoulder stands if they've done antenatal yoga!*
- f) Moxibustion - this is key IMO! you can buy sticks easily without going to an acupuncturist - I have some DIY details of how to perform this easily yourself. The idea is that the burning herb (mugwort it has an incredibly strong smell) when burnt over a certain point on the outside of the little toe stimulates the baby to move (it does violently!), gravity ensures that the heaviest part of the baby's body (it's head) is pulled downwards during the extreme movement - et voila - a cephalic baby!*
- g) The homeopathic remedy Pulsatilla, best to go to a homeopath so that they get a correct dose/prescription for them, but generally I prescribe a 200c pill, crushed and dissolved in water, sipped over the course of one day, followed by a 1M pillule, dissolved in water sipped over the course of the next day. This works on two levels, firstly as a muscle relaxant (what the 200c dose is for) and secondly on a psychological level (kind of a homeopathic fear release) - what the 1M potency is for.*
- h) ALWAYS sleep on the left hand side after ANY attempt at breech turning, in the lateral position, this allows the most room possible for the baby to turn (I always instruct clients to go home, spend time on all fours when awake and sleep in the left lateral until the baby has turned).*
- i) Then of course hypnosis as well but I find I don't need it if I combine moxibustion, homeopathy and a couple of the other tips*

4. I have quite a lot of experience with breech babies in my work as a homeopath. For me I find the best approach is homeopathy and moxibustion, I have about a 95% success rate with this combination

5. I also found this visualization for the mom to use in turning a breech baby.

The head is getting heavy... - oh so heavy – and that it would feel... so much better if he/she would just let it gently droop... and droop... and droop

At the same time... I envision my uterus shaped like a very large upside-down pear... the bottom of it is nice and rounded, just perfect for the baby's head... the head continues to droop... first onto it's chest... then it tucks itself under a little more... a little more... and a little more... and then the whole body gently floats over... and then the baby sinks down, down, down into the part that made just for

cradling the head... it fits so comfortable there...and the baby feels wonderful because she can rest her heavy, droopy, little head into this cradle in the pelvis... where she/he will remain until she/he decides it's time to be born... when all things are ready... he/she begins the birth process in the perfect position in which to be born... head first..

6. Releasing fear – using EFT (Emotional Freedom Technique) to alleviate stress and anxiety surrounding a breech positioned baby Practitioners listed on www.emofree.com.

7. Additional Sites:

Birthsource.com: <http://www.birthsource.com/scripts/article.asp?articleid=137>

Liz Fowler: <http://www.gentlebirth.org/archives/breechcl.html>

Topic: Twin Breech

Question:

A mom is 34 weeks with twins. The bottom twin has moved to breech (was head down until a few weeks ago). She has been doing acupuncture, chiropractic, etc. and is wondering if hypnosis would help. I assured her that it could definitely help turn that baby back to vertex. She asked if I knew of any successes using hypnosis for breech turns with twins. Since I've never worked with a twin mom before I have no stories! Can anyone share of turning a breech twin?

Response from a Hypnotist:

One of my early breech turn experiences was with a twins mom. In this case the babies were a.) vertex=head down and b.) breech. She already had a doctor in Austin who was willing to attend a vaginal twin birth if baby A was vertex, but she knew it would be easier on her (mentally) if the upper baby were also vertex and she had great faith in the class, the relaxations, the 'brain' work we were doing, and I guess in me as a hypnotist. Her own mind was already in the right place is my point.

In any breech-turn session, twin or singleton, my practice is to induce the mother (hypno-speak for 'talking into trance'), ask her subconscious if there is any reason it would be difficult /unhealthy /unsafe for baby to turn, thank the subconscious for the work it is doing to maintain a healthy pregnancy, ask for its help in allowing/encouraging the baby to turn.

Sometimes during a session, I'm led to touch the mom, sometimes not; but I always ask before the session and have never placed my hand on a mother with whom I didn't already have a relationship from class. Having asked the mother ahead if I may touch her abdomen, I then talk directly to the baby/babies. For twins I suggest they might have a more meaningful or interesting relationship if they were to get to know each other "face-to-face" before their birth, that their relationship to each other will always be more special as twins and that they can even help each other out before and during the birth when they are both head down.

Sometimes, the mothers tell me, the babies are very active as the hypnosis session begins, but most tell me the babies become very still -- as if they are concentrating on the warmth of my hand and my 'intention'/my words -- as I begin to talk directly to them.

The very first time I did a breech turn session, the mom called the next day to say the baby had turned during the night. She was so thrilled! And I was tickled, too. From that moment I learned that the intention the 'therapist' carries in her heart mind during a session has more to do with the results than the words she speaks. I truly believe that a woman who only speaks Japanese could sit in my chair with a breech baby, and I, who only speak English, could conduct a session that would help bring about the turn she wanted.

Desire is not the same as intention. "Determination" is not the same as intention. Intention, when we learn how to harness it, is an incredibly powerful force/energy.

*I do have experience of teaching a twin mum who birthed one cephalic and one breech - *very* successfully. Here's her story:*

"Dear Sarah, The birth went very well. Claire's membrane's released early on the 24th October without any other labour signs. We went into hospital and were told to stay there until the birth, whenever that might be. The doctors were keen to induce on the 25th so we set about trying to get things moving more naturally: in the end the sideways walk up/ down stairs did the trick.

We had a fairly nice delivery room and Claire's surges started in the evening of the 24th. At that point we were using the hypnosis CD so Claire could relax. Because of twins we had little choice over an epidural so that was taken around midnight. Claire then used hypnosis from then until 7.30 am, when the midwife 'woke' Claire up so Isaac could be delivered. Isaac arrived at 7.44 and Imogen at 08:31.

Isaac was head down but Imogen was breach. However both were delivered naturally without any issues (no tearing even). The birth was a very positive experience and the hypnosis techniques I believe made all the difference because Claire had all her energy for the final delivery. We had quite an audience for Imogen because she was breach."

*Breech is an issue near and dear to my heart, having had two of my three kids decide to stay breech past 36 weeks, taking some persuading to turn. While up in Juneau, I worked with a twins mama whose Twin B was breech. She was a first time mom, and her care provider refused to assist her in a vaginal birth if *either* twin was breech. We didn't want to do anything to disturb Twin A's beautiful vertex, anterior position, so we didn't do any of the inversion techniques that we would recommend for the mom of a breech singleton. We simply did the Breech Turn script. Once. And Twin B turned within 24 hours-- at 37 weeks.*

This mom went on to carry her twins just past 40 weeks. Truly a dedicated mom, with a dedicated support network, that enabled her to rest and visualize, and eat, eat, eat! I also gave her my collected graphics of vertex babies, including a graphic of vertex twins. I have moms print these graphics and put them all over their home and workspace, to remind them to visualize a head-down baby!

Stories of Successful Breech Turns

Story #1

The baby flipped and is no longer breech! We are all very excited!! I searched the internet for what I could do to help the baby flip. One easy task was shining a flashlight onto the stomach directing the baby's head to where you want it to be. So my 5 year-old, and I improvised. . . I assumed the all fours position with my butt in the air and my son slid under me with a flashlight. He was flashing the light in circles on my belly saying, "please baby, put your head down so mommy doesn't have to have surgery." My son then called my husband over because he needed his assistance. Son asked dad to hold the flashlight while son shifted my belly around. He then started kissing my belly at the top and stopped at my belly button saying, "Baby, follow my kisses." I just have to believe the baby felt the love of his brother and flipped! A great story for my scrapbook. . .

Story #2

Mom goes into Doctor...baby is transverse. I tell her to relax...she does, also goes to her chiropractor ...after doing her relaxation exercises, baby flips...Her Doc says "I'm a believer!"

Story #3

One of my Moms was breech and she was manually manipulated in the hospital. The room was full of about 6 doctors, plus nurses & students! She said a female doctor started the procedure and it was very painful, she immediately went completely limp and the baby turned. All the doctors were amazed and then began to cheer as there had been 10 or 11 breech presentations that day for turning none of which had, hers being the one that turned!

Actually, 37 weeks is appropriate, as there is more fluid around the baby, and this is a common time to do ECV. I would also recommend a chiropractor for the Webster TQ. The reason they pick 37 weeks is because if there is any problem, the baby is considered term. But, she could wait, but then you risk the turn not being as successful.

Story #4

I had my first breech turn last Monday. She was 37 weeks and booked in for the dreaded C-Section. Baby turned and c-section is cancelled very happy days

Story #5

Mom with a Breech baby at 38 weeks found (on the internet) an exercise using a flashlight and having the baby "chase" the flashlight in the right direction. While doing that Dad and Brother both lovingly talked to baby from a head down position. It worked like a charm for them.

External cephalic version http://en.wikipedia.org/wiki/External_cephalic_version