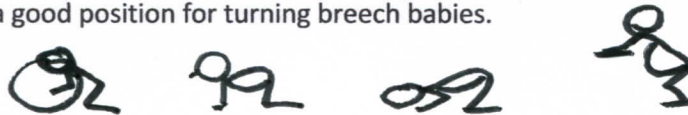


Breech babies: some tips from Belinda. Here are some things you can do if you find that your baby is in a breech position towards the end of your pregnancy (say from 34 weeks onwards). Many of these tips are also useful if your baby is back-to-back (with his/her spine towards your spine) or other less than optimal positions for a natural birth.

Make room for your baby to move into an optimal position. Most babies instinctively know which position is best for them to enter into the pelvis (head down and tucked in ideally with their spine facing out towards your left hip) so if through your own body positions you give your baby enough room to move, many of them will do that:

- **Adopt leaning forward positions** such as leaning over a ball, cat (all fours), resting on forearms with pelvis high, standing leaning over a support. By leaning forward you are encouraging your baby's spine (the heaviest part of his/her body) to come around towards your belly which is softer and allows your baby to turn over or around. Integrate these movements into daily life. www.spinningbabies.com has a nice clip on You-Tube about how to adopt a good position for turning breech babies.



- **Avoid leaning back positions** especially for long periods of time such as sitting back on a sofa or lounging back in bed – as this will give your baby less space to move into an optimal position. Most women instinctively avoid lying on their back in late pregnancy but if you are still doing this then learn to lie on your side.



- **When seated upright use a birthing ball** or other support under your buttocks which allow your pelvis to be tilted a little forward rather than back. Aim for your knees to be about 10cm lower than your hips with your feet firmly on the floor so you don't rock backwards.



- **Avoid deep squatting.** We don't practice deep squatting in Yoga anyway but do avoid this position if your baby is not in an optimal position as it can encourage the baby to engage in the pelvis.



Talk to your baby! Ask your baby to move into a better position, explaining why this would be a good idea.

Visualise your baby in an optimal position: see your baby clearly inside you getting into that perfect position.

Understand that sometimes there is a good reason for your baby to be in their position.

Sometimes we do everything we can and the baby still stays there. Remember it's not your fault and your baby may have a good reason for it, such as the where the cord is in relation to your baby.

Consider acupuncture and/or reflexology. Some women have found their babies moving into a better position after acupuncture or reflexology. You can find some therapists who specialise in pregnancy on www.pregnancyandbirthnetwork.co.uk