How to Turn a Breech Baby Cheat Sheet

**Hypnobabies** - A proven medical hypnosis technique that helps create a relaxing, and more comfortable labor can also help turn your baby. The track is called “turn Baby Turn”.

**Breech Tilt** - This technique is like the Bridge Pose in Yoga. If you are not sure the position of your baby, DO NOT do this technique as it can cause a head down baby to flip to breech.

**Inversion** - This technique is like a Yoga downward facing dog with extra support. You’ll need a chair or couch to kneel on.

**Water Handstand** - Water increases amniotic fluid. More room – more movement. Go to a pool and do a handstand in the water.

**Light** - Have Dad place a flashlight at the base of your pelvis and sing, talk, and coax the baby downward.

**Temperature** - place ice packs in the rib area and/or heating pads at the base of the pelvis to entice baby away from the cold and/or towards the warmth.

**Webster Technique** - This is a specific adjustment (done by a professional chiropractor) that reduces the effects of SI joint dysfunction. It creates the right alignment for baby to naturally move into head down position.

**Eternal Cephalic Version (Version or ECV)** - This technique is a medical procedure, performed by your OB or midwife, used to physically turn a breech baby.

**Moxibustion Acupuncture** - A combination of acupuncture needles, heat and smoke are used to stimulate the uterus to turn a breech baby.

*Find more info on turning breech babies at MamaNatural.com*