

BIRTHING NATURALLY

Getting your Baby to Turn

If you know your baby is in a position that is likely to make birth more difficult or risky, you do have options for ways to get baby to move. It is important to remember that babies move before and during labor. This means success at moving baby before labor begins will not necessarily mean your baby will stay in that position for birth. It is also important to remember that babies choose their position for many reasons. While some babies may seem “stuck” in a position that is not optimal, there may be real reasons the baby needs to be born in that position.

Begin with good posture...

Pay attention to how you sit, stand and move. Are you slumping over your belly, crowding your baby into a bad position? Are you flopping backwards, folding your baby over? Sit and stand tall with your head and shoulders held comfortably high. Draw your pelvis into proper alignment as if you are pulling the pubic bone up – do not let your pelvis hang so it restricts your baby’s access to your pelvis. Keep your pelvic floor toned so your baby’s head will flex properly. You may find using good posture allows your baby to move into the proper position.

Move the pelvis higher than the chest...

If your baby is still reluctant to move into a good birth position, spend some time relaxing in a knee-chest position. Kneel on the floor, then slowly bring your head and shoulders down to the floor in front of you while keeping your hips in the air. In this position gravity can help pull your baby’s head off your pelvis to give him a bit more room to change positions.

Get moving...

Go for several short walks each day. Spend some time rocking and swaying your pelvis like a belly dancer. Side to side and front to back rocking is good. Hip circles and figure eights are better, especially in a knee-chest position. The more you move your hips, the easier you make it for your baby to get into an optimal birth position.

Go asymmetrical...

When trying to get your baby to line up properly, it can help to move your pelvis in asymmetrical ways. Walk up stairs two at a time. Putting one foot on a short stool or chair and lunging towards that foot can be helpful. Kneel with one knee down and one knee up (foot on the floor) while rocking or swaying your pelvis. Keep one foot on a stool while you sit or stand.

Exaggerate gravity...

Try exaggerated versions of the knee-chest position. Place an ironing board so it lies from the couch to the floor and then carefully lie on the board so your head is lower than your hips. Crawl down a flight of stairs or rock across the top of a birth ball. (Be sure to have assistance with any of these positions).

ADDITIONAL THINGS TO TRY

Light

Shine a flashlight near your pubic bone to get a breech or transverse baby to move towards the light.

Sound

Have someone “talk” to baby with the mouth near mom’s pubic bone to get a breech or transverse baby to move towards the sound.

Ice

Hold a piece of ice on mom’s belly near the baby’s head to encourage baby to move away from the ice.

Swimming

Swimming may allow enough pelvic flexibility for your baby to change positions.

Massage

Your massage therapist may be familiar with massage techniques to encourage your baby to move into an optimal position.

Chiropractic Alignment

Your Chiropractor may be familiar with techniques to encourage your baby to move into an optimal position.

External Version

Your midwife may be willing to attempt to force your baby to move into a better birth position by pushing on your abdomen.