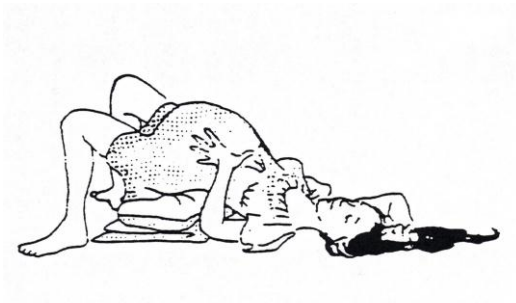




BREECH EXERCISE

Most babies will be head first toward the last month or two of pregnancy. If your baby's head is still up, s/he is in a breech position. The following exercise can help a baby turn if s/he has not already done so by 34 weeks (six weeks before your due date).

Place 12 inches of pillows on the floor. This will allow your pelvis (hips) to be raised above the level of your head as in the picture. This should be done on an empty stomach (to prevent heartburn). Get in this position two times a day for ten minutes each time until the baby turns.



Tilt Position

Getting on your hands and knees can also help to turn the baby around. Do this along with the ***Tilt Positions***.



If the baby is still in the breech position around 37 weeks, you will be referred to the hospital for a "version." This involves turning the baby through your abdomen (belly). You will first receive a medication which relaxes the uterus. A version is done while using an ultrasound machine. The pros and cons of this procedure will be discussed with you should it become necessary.