



# VINAVER



## METHOD TO TURN A BREECH

Naoli Vinaver, a midwife in Mexico, suggests the following protocol for helping a breech baby turn. She says that 36 weeks is a perfect time to try and reports a 96% success rate, usually within 36 hours.



Before starting the following exercises, consider if there is any conflict in your relationship with the baby's dad. Ms. Vinaver noticed that babies often go head down when that is resolved. Prepare in advance for your day or two doing these exercises. It is hard work and requires you to be free of other duties, especially caring for small children.

**The Method:** Do each exercise for 20 minutes (60 min of work). Take a two hour break, eating and drinking at the beginning of the break. Repeat until you go to sleep for the night. Check baby's position in the morning before starting again.



# 1

## Chest-to-Floor Inversion

From a kneeling position, put your chest on the floor. Your upper-legs should be straight and your torso at a 45° angle. Be gentle to your neck. Use pillows underneath if you need to, but keep this extreme angle for a full 20 minutes. This helps your uterine and pelvic tissues to balance.

# 2

## Breech Tilt

Find a way to lay down at a 45° angle. Prop an ironing board or mattress up to allow you to elevate your bum and keep your back straight. This can be tricky when very pregnant, so be sure to have help and go slow at first. This angle backs baby up out of the pelvis so s/he can turn and helps get the chin tucked.

# 3

## Wide Crawling

Crawl around on your hands and knees for 20 minutes. Protect your knees! Take some big, wide, steps with your knees, really opening up the hips. Time on all fours can help release tightness and turn a posterior baby. If your breech is posterior, it's more likely to turn if it spins to face your spine first.