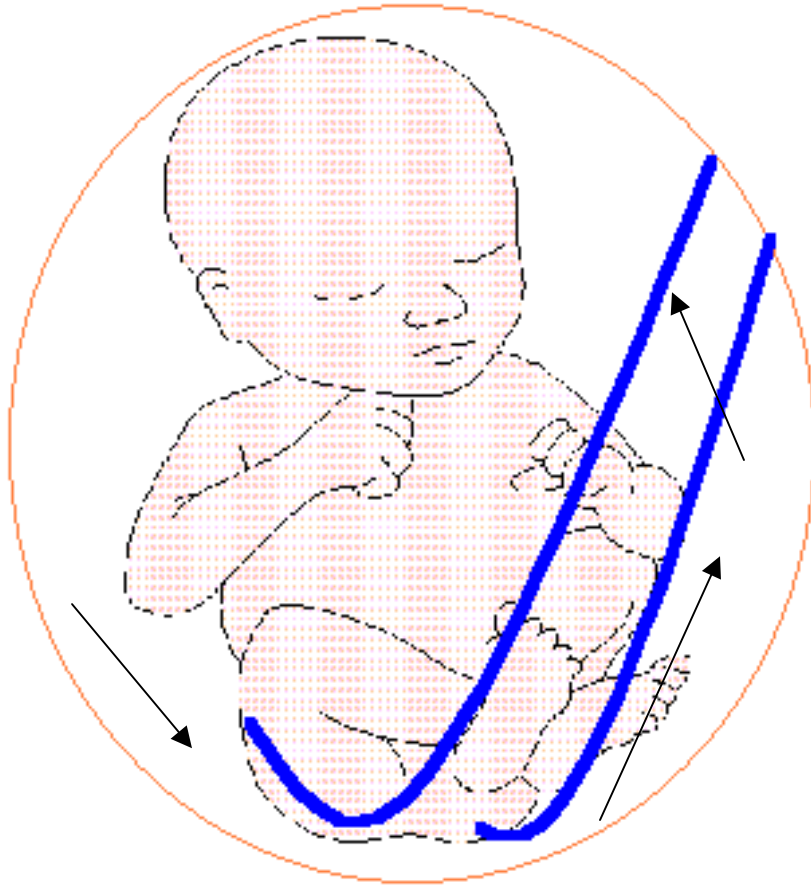


## Encouraging a Breech Baby to turn

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This is how I envision placing rubber bands. They attach to the baby's back so that the baby turns in the direction shown.

My rubber band Lead is very simple. For a frank breech turn:

I describe the baby's position to the patient before hypnosis by pointing out where various parts of the baby are Head, back, buttocks. I have patient or her Birth Companion hypnotize patient. Then I suggest that she attach rubber bands (The big kind from the post office) to the babies chest with 3m sticky paper or scotch tape. I suggest then that she take the rubber bands and stretch them over the babies butt and attach the other end to the upper portion of her uterus.

Then all I do is keep suggesting adding rubber bands one at a time until the baby moves. The baby suddenly turns. It usually takes about 5 min to complete the full breech turn. A good Idea afterward is to

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check fetal heart rate with doptone. I have never experienced fetal decelerations after turning but they happen all the time with external versions. when I use the rubber-band technique I always start by demonstrating to the mother the position of her baby before I do a hypnotic lead.

A breech baby is usually in the butt down position. I recommend the turn to allow the baby to move in the direction towards the abdomen of the baby allowing for natural flexion of the child. I also plan my suggestions to allow the buttocks to do the movement. This allows the head to remain flexed during the move.

I suggest attaching rubber bands to the baby's back, stretching downward under the buttocks and attaching them to the upper uterine wall. I explain the procedure fully to the mother before performing it. I demonstrate on myself by pointing to my back then demonstrating that J Shaped maneuver with my thumb. I ensure understanding before I go on. Then I perform a hypnotic lead and start adding rubber bands. I am sure that the position of the rubber bands is not as important as my description of where the baby is and where the baby should end up following the session. I always make a post hypnotic suggestion to allow the mother the opportunity to move the baby to the most comfortable position for the baby and for birthing.

I don't think I would suggest rubber bands and babies heads or necks during hypnosis the mother might become confused, have an abreaction or not accept any suggestions at all.

Moving into the right position takes about 5 minutes or you can suggest that she move it on her own at home. which will take 5 minutes but you won't observe it.

More about breech positions and other positions, and how to turn a breech:

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