



How to Turn a Breech Baby

Most babies move into a head-down position before birth, but about 3-4% of babies remain breech (bottom- or feet-first) at the end of pregnancy. Many parents search for ways to turn a breech baby. This quick guide summarizes some common approaches. For a much more detailed explanation of breech babies, exercises, medical options, and [how to choose the right birth team](#), visit the [Turning Your Breech Baby](#) blog

Common Exercises to Turn a Breech Baby

- Breech tilt (hips elevated above the head for 10-15 minutes)
- Hands and knees positioning
- Forward leaning inversions
- Swimming or gentle pool movements
- Pelvic rocking or lunges

Other Natural Techniques Some Parents Try

- Using warm and cool temperatures on different parts of the abdomen
- Playing music or talking to the baby near the lower belly
- Improving posture to create more space in the uterus
- [Relaxation or hypnosis tracks](#)
- Complementary therapies such as moxibustion or chiropractic Webster Technique

Medical Options

If the baby remains breech after about 37 weeks, your doctor may recommend a procedure called External Cephalic Version (ECV). During this procedure, a doctor gently applies pressure on the abdomen to guide the baby into a head-down position while monitoring the baby with ultrasound.

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Important Reminder

Always talk with your doctor or midwife before trying exercises to flip a breech baby. Some babies remain breech because of cord length, placenta position, or other medical factors.

Learn More

This guide is only a short overview. The full article explains:

- Why babies become breech
- When to try breech exercises
- Detailed instructions for common exercises
- Medical options such as ECV
- When vaginal breech birth may be possible
- How to find a provider who supports your birth preferences

Read the Full Guide

[How to Turn a Breech Baby: Exercises, Natural Techniques, & Medical Options](#)

Let's Talk About Your Options

Set up a [free 30 minute Zoom meeting](#) to talk about different options for your birth. Knowledge reduces fear. It's important to know your options and make good choices ahead of time for a safe, empowered birth.