

# Breech Baby?

## Try These Movements & Exercises

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GENTLE, PURPOSEFUL MOVEMENTS TO CREATE MORE SPACE, ENCOURAGE OPTIMAL BABY POSITIONING, AND INVITE YOUR BABY TO TURN.

*You've got this, Mama!*

These movements can be most helpful from 28–36 weeks (and sometimes later). Practice daily, be consistent, and combine with other supportive strategies (hydration, optimal fetal position positions, and a calm nervous system).



MOVEMENT  
BREATH  
BELIEF  
BABY

### 1 FORWARD LEANING INVERSION (PELVIC TILT)

Creates space in the pelvis and uses gravity to encourage baby to move out of the pelvis.



How to:

- Kneel on a couch or bed.
- Lower your forearms and rest your head.
- Lift your hips high (hips above heart).
- Relax and breathe for 1–3 minutes.
- Do 2–3 times daily.

### 2 SIDE-LYING RELEASE (LEFT SIDE)

Helps release tension in the uterus and round ligaments, creating more room for baby to turn.



How to:

- Lie on your left side.
- Place a pillow under your top leg and/or belly for support.
- Breathe deeply and relax for 5–10 minutes.
- Do 1–2 times daily.

### 3 PELVIC ROCKS (CAT-COW)

Mobilizes the pelvis and encourages optimal alignment.



How to:

- Start on hands and knees.
- Inhale: drop your belly, lift your head (cow).
- Exhale: round your spine, tuck your tail (cat).
- Repeat 10–15 times, 2–3 times daily.

### 4 OPEN KNEE CHEST (EXTENDED)

Takes pressure off the pelvis and gives baby more room to move.



How to:

- Kneel on the floor or a firm surface.
- Walk your knees wide, lower your chest toward the ground.
- Rest your head and arms.
- Stay for 3–5 minutes, breathing deeply.
- Do 1–2 times daily.

### 5 HIP CIRCLES

Loosens the pelvis, encourages baby to move, and can help reposition the uterus.



How to:

- Stand with feet hip-width apart.
- Slowly circle your hips (both directions).
- Keep it gentle and fluid.
- Do for 11–2 minutes, 2–3 times daily.

### 6 SQUATS (WIDE-LEGGED)

Opens the pelvis and creates more space in the birth canal.



How to:

- Stand with feet wider than hips, toes slightly turned out.
- Slowly lower into a squat (use support if needed).
- Hold for a few breaths, then rise.
- Repeat 10–15 times, 2–3 times daily.

### 7 LUNGES (HIP OPENERS)

Helps balance the pelvis and encourages baby to move out of the pelvis.



How to:

- Step one foot forward into a low lunge.
- Keep your chest open and hips relaxed.
- Hold for 5–10 breaths per side.
- Repeat 2–3 times daily.

### 8 BIRTH BALL MOVEMENTS

Gently mobilizes the pelvis, relieves tension, and encourages optimal baby positioning.



How to:

- Sit on a birth ball with feet wide.
- Gently rock your hips side to side, forward and back, or in circles.
- Do for 3–5 minutes, 2–3 times daily.

### IMPORTANT TIPS

- ✓ Be consistent – daily practice is key.
- ✓ Combine movements with hydration, rest, and a calm nervous system.
- ✓ Focus on optimal fetal positioning throughout your day (upright posture, avoid reclined positions for long periods).
- ✓ These exercises are generally safe for most pregnancies, but always check with your healthcare provider, especially if you have any medical conditions.



*A few reminders...*

- ✓ There's no guarantee, but many babies do turn!
- ✓ Your body knows what to do.
- ✓ These movements also prepare your body for birth and can be helpful even if your baby doesn't turn.
- ✓ You are an amazing mama, no matter what.

*Move with intention.  
Trust the process.  
You've got this. ♥*

### PAIR WITH THESE SUPPORTIVE HABITS

- 💧 Stay hydrated
- 🌿 Eat nourishing foods
- ♥ Spend time in upright positions (walking, standing, hands & knees)
- 🌙 Rest on your side (especially the left)
- 🌸 Use visualization and positive affirmations
- ☀️ Get outside and move your body
- 👥 Seek support from your care provider and birth team

