

Helping Your Posterior Baby Rotate

Rotating your baby to the anterior position



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If your baby's face is toward the front of your abdomen, that position is described as "occiput posterior" because the bone in the back of the skull called the "occiput" is facing the back or the posterior part of your pelvis. When babies are in this position during labor, sometimes it means that labor will be long and hard with contractions that are felt in your back, referred to as "back labor". Other times, occiput posterior (OP) babies do not cause labor to be long and hard. Most OP babies rotate during labor and are born vaginally. Pelvis shape, muscle tension, and emotions are believed to help determine a baby's position. Take some time during your last trimester to help your baby into an optimal position for birth. Babies are smart. Your baby will find the best way out!

Before Labor – ask your Midwife or Doula to show you:

- Belly sifting
- Forward inversion
- Standing sacral release
- Side-lying release
- Abdominal release
- Deep circles on the birth ball
- "Dip the hip"
- Psoas muscle release
- Open knee-chest position
- Proper posture – sit up, stand tall
- Lean forward
- Pelvic rocking
- "Shake the apple tree"

Visit www.spinningbabies.com for a complete list of activities and positions to try at home.

Other helpful activities:

- Swimming
- Yoga
- Walking
- Meditation
- Relaxation
- Dancing – think Shakira!
- Lunging to the sides
- Sit with legs open and lean forward

How will you know if your baby is OP?

Take some time and feel where your baby is kicking each day. If you feel kicks all over the front of your belly, your baby could be posterior. Check out the workbook, *Spinning Babies*, from your midwife to learn about "belly mapping". Your midwife can help you determine your baby's position at your next visit.

Birth Wisely, LLC
Jen Jester, BSM, CPM
birthwisely@gmail.com
314-374-8901

www.birthwisely.com

Alternative Therapies For Optimal Fetal Positioning

There are several therapies that are useful for maintaining optimal fetal positioning:

- Acupuncture
- Chiropractic
- Yoga
- Massage
- Hypnosis
- Reflexology
- Craniosacral therapy
- Roling
- Reiki



Do your best to avoid:

- Heels
- Lounging
- Couches
- Slumping
- Leg crossing



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Forward leaning is one of the best ways to encourage your baby to rotate its back to the front of your body.

During Labor

- Change positions frequently – every 30-60 minutes
- Use coping techniques for back labor:
 - Hot/cold packs
 - Knee press
 - Leaning forward
 - Stairs
 - Lunges
 - Counter pressure
 - Hip squeeze
 - Hydrotherapy – shower/bath
 - TENS unit
 - Sterile water injections
- Abdominal stroking
- Belly sifting
- Walking
- Belly lift
- Knee-chest position
- Circles on birth ball

Reference:

Davis, E. (2012). *Heart and hands: A midwife's guide to pregnancy and birth*. Berkeley: Ten Speed Press.
 Simkin, P., & Ancheta, R. (1999). *The labor progress handbook early interventions to prevent and treat dystocia*. Malden, Mass: Blackwell Science.
 Tully, G. (n.d.). Spinning Babies. Retrieved November 22, 2015, from <http://www.spinningbabies.com>