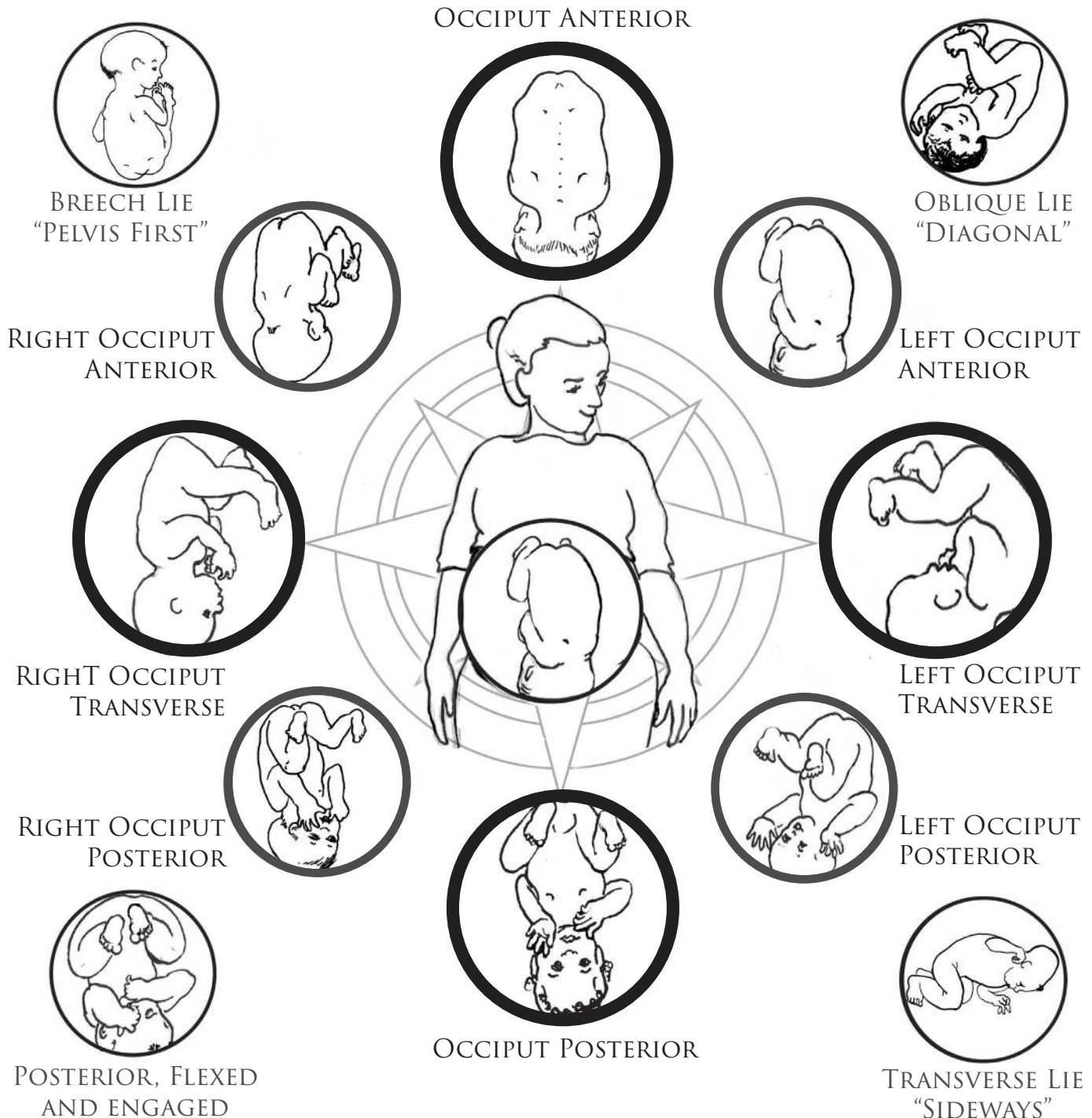


FETAL COMPASS ROSE



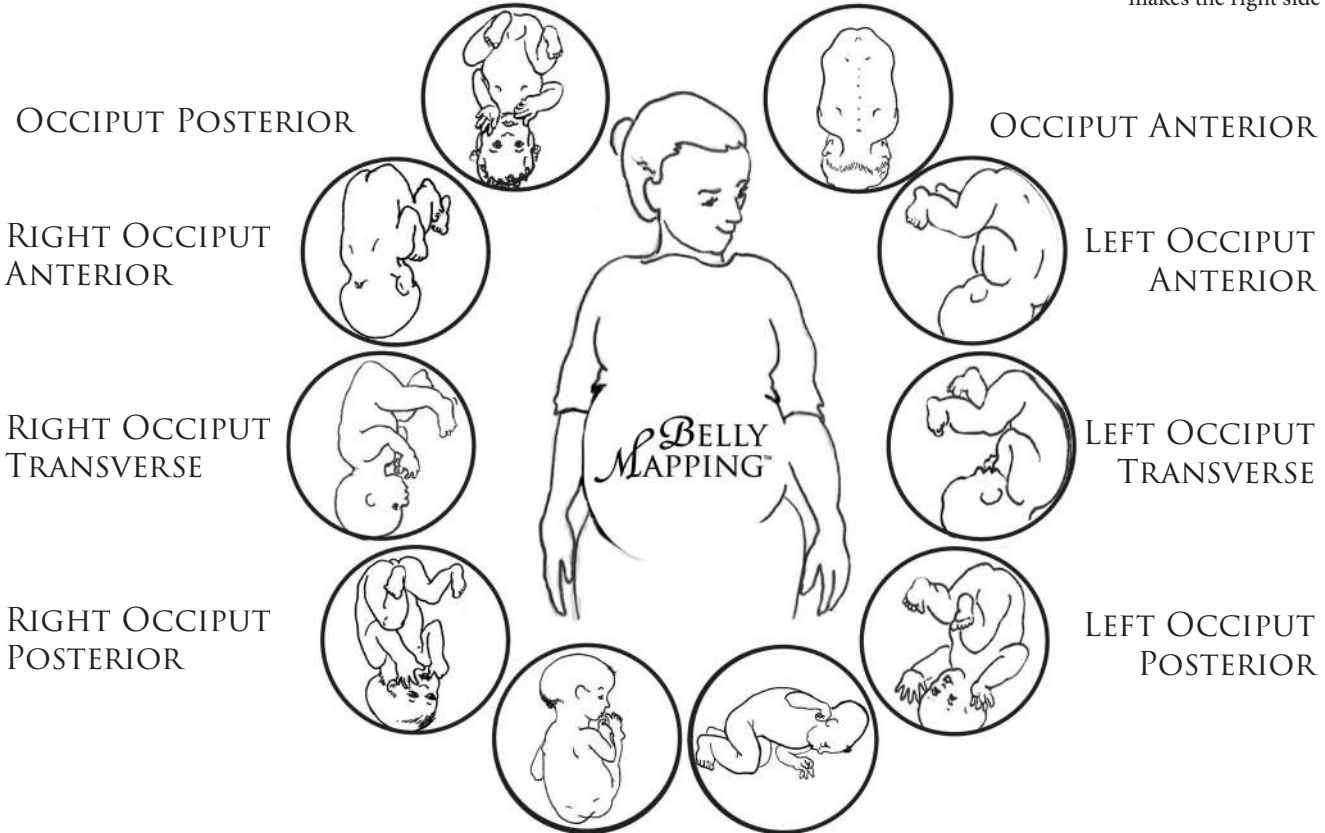
EASIER BIRTH WITH FETAL POSITIONING

MORE ON FETAL POSITION

BY GAIL TULLY, CPM



Right obliquity of the womb makes the right side steep.



BREECH LIE

Baby is breech when the hips will be born first. Cesarean surgery is often recommended. Special skills are needed for safe natural birth.

TRANSVERSE

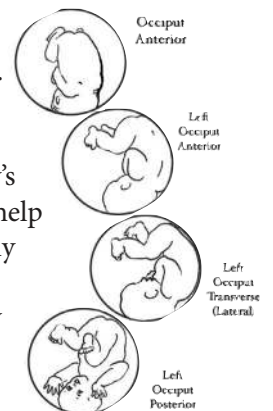
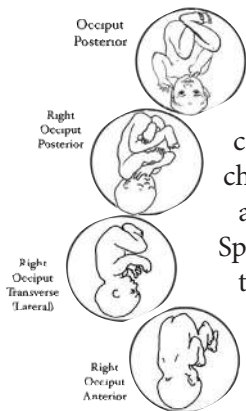
A baby lying sideways is in a transverse lie. This is common before 28 weeks. A head down baby facing a hip is occiput transverse, then we assess by flexion.

POSTERIOR AND ROA

Right obliquity of the uterus makes the womb steep on the right. Babies coming from the right may have their chin up, delaying engagement, descent and later molding through the pelvis. Specific maternal position changes and techniques can help avoid a cesarean. An ROA baby may have the chin up or turn posterior. If the baby can fit, the mother can avoid a cesarean.

ANTERIOR AND LOP

At Spinning Babies, fetal position matters. When a baby's back come down from the mother's left side, babies curl and tuck their chins more easily. This makes a baby's head measure smaller and aligns baby to help in the birth process. Labor strength usually matches a symmetrical labor pattern as expected. The Left Occiput Posterior baby usually has a tucked chin and rotates well during labor. LOP: the easy posterior.



See how to help babies be head down and on the left at www.SpinningBabies.com For instance, doing several forward-leaning inversions may help a baby in a transverse lie move head down. Flip a breech, rotate posteriors, balance muscles to help labor progress with less surgery and more ease. ©2014 Maternity House Publishing, Inc.