



the home of hypnobirthing

## KGHYPNOBIRTHING INFORMATION SHEET

### BREECH BIRTH

Some women still believe Caesarean Birth is the only option if their baby is breech. This is not the case, so we have gathered together some useful information to help you make an informed decision.

#### ARTICLES

Gathering together of research - Sara Wickham <https://bit.ly/2KCRRmf>

AIMS: <https://bit.ly/3q78O8G>

Does breech birth in an upright position instead of on the back improve outcomes and avoid caesareans? - Louwen et al (2017) : <https://bit.ly/3m24WDh>

An International Survey if vaginal breech birth: <https://bit.ly/3fuw7o3>

No more hands off the breech - Shawn Walker: <https://bit.ly/3fxKtnp>

Breech birth at home: a new study of safety outcomes Nov 2018:  
<https://bit.ly/3m0AJVp>

ARM (Artificial Rupture of Membranes): <https://bit.ly/3fxKAzi>

#### WEBSITES

[www.spinningbabies.com](http://www.spinningbabies.com)

[www.breechbabiesclub.org](http://www.breechbabiesclub.org)

Facebook: Breech Birth Network

**A breech presentation was described by Mary Cronk, the doyen of midwifery care for breech presenting babies, as ‘unusual but normal’.**