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## Breech Presentation

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A breech presenting baby is one who has his head up and bottom down. Breech vaginal birth is supported by research when attended by a practitioner who has vaginal breech experience. While there are some practitioners who are willing to attend vaginal breech births, many are not, which results in increased rates cesareans. Websites such as <https://spinningbabies.com/>, and <http://www.milescircuit.com/> may be helpful as you study the topic of breech presentation.

Some may find consultations with chiropractors to discuss the “Webster breech-turn technique” to be beneficial.

**External Cephalic Version** may be an option with your skilled health care practitioner. ECV is an attempt to externally turn the baby from head up, to head down. Your health care practitioner can discuss the risks and benefits of ECV.

### **Finding an experienced vaginal breech provider**

Having a skilled and gentle provider will greatly enhance your likelihood of a vaginal breech delivery. Unfortunately, the experience needed or desired to support a woman with a vaginal breech delivery is becoming harder to find as it is no longer taught in all OBGYN residencies. When you interview potential providers, ask about their complication rates and find out what they recommend to minimize the chance of complications. Start looking and inquiring as soon as you find out baby is breech.