

Spinning Babies® Six Days to Turn a Breech Baby Head Down

Technique	Picture	Days 1-2	Days 3-5	Day 6 Bums Up Day
<u>Rebozo</u> <u>Mantecada</u>		Do 1-3 times for 3 minutes each time	Do 1-3 times for 4-5 minutes each time	Do 3 times for 5 or more minutes each time
<u>Side-lying</u> <u>Release</u>		Do both sides 1 time for 3-5 minutes on each side	Do both sides 1-2 times for 5-10 minutes on each side	Do both sides 3 times for 10-20 minutes on each side
<u>Standing</u> <u>Sacral</u> <u>Release</u>		Do 1 time for 10 minutes	Do 1 time for 10 minutes or more	Do 2 times for 10-15 minutes
<u>Forward-leaning</u> <u>Inversion</u>		Do 1-3 times for 30-45 seconds	Do 1-3 times for 30-45 seconds	Do 7-14 times for 30-45 seconds
<u>Breech Tilt</u> or <u>Open-knee</u> <u>Chest</u>		Do 1-2 times for 3-10 minutes	Do 2-3 times for 5-10 minutes or longer	Do 3 times for 10 minutes or longer
<u>Rest Smart</u> SM		Keep the balance you create. When resting, use positions that won't twist your body and lose your progress towards balance. Belly like a hammock, knees lower than hips, symmetrical, supported with pillows, etc.		