

# THE BREECH BABY

Communicating and playing with the breech baby to turn.



Conducting a stimulating prenatal relationship with one's baby, communicating and dialoguing with him/her - as the author has already explained in her book *Communication and Dialogue in the Nine Months* - is fundamental to creating the conditions for the mother herself to take action to promote the rotation of the baby who is in the breech position.

It is an opportunity that should be considered as a priority, to then intervene in the event of failure with alternative solutions that, albeit for good reasons, are nevertheless intrusive in the mother-child relationship.

In fact, obstetrical manoeuvres, acupuncture, moxa, plantar reflexology, do-in, shiatsu, body positions are external interventions that force the child to turn around, but do not pose the problem of what has happened to him and what he is trying to tell us.

In this original handbook, the author suggests how to communicate, through easy exercises, the sense of protection to the unborn child, how to stimulate the affection and play, which are the foundations for building the parent-child relationship and, in this specific case, useful elements for creating the climate necessary for the rotation of the breech baby.

Her extensive experience with breech babies, corroborated by the recounting of numerous cases collected over the years, has enabled her to identify various types of breech positions, to interpret them on a psychological level and to distil a series of instructions and exercises (deep self-relaxation, visualisations) that are very useful for parents to get their baby to turn.

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## **QUOTE from the book**

Let us reflect together: how can we create world peace?

World peace is in the hearts and hands of our children, of all the children who are born, are being born and will be born: they will be the men and women who will create our future.

GABRIELLA A. FERRARI