

Contents

<i>Foreword by Wendy Savage</i>	ix
<i>Acknowledgements</i>	xiii
<i>How to use this book</i>	xv
<i>A note on language</i>	xvii
<i>Biographies of interviewees</i>	xviii
Introduction	1
PART ONE: THE WHAT, WHY AND HOW DOES IT FEEL? OF BREECH	7
1 What is a breech baby?	9
2 Why are babies breech?	15
3 The wrong way up? The emotional impact of breech	29
PART TWO: TURNING BREECH BABIES	35
4 An introduction to turning breech babies	37
5 External cephalic version (ECV)	43
6 Factors influencing the success of external cephalic version (ECV)	57
7 Self-help and alternative therapies for turning breech babies	67
PART THREE: THE EVIDENCE ON VAGINAL AND CAESAREAN BREECH BIRTH	79
8 Vaginal versus caesarean breech birth: the evidence	81
9 Selection criteria for vaginal breech birth	107
10 The management of vaginal breech birth	119
11 Emergency caesarean section after a trial of labour: not the worst of both worlds?	146
PART FOUR: MAKING A DECISION ABOUT THE BIRTH AND NEGOTIATING FOR WHAT YOU WANT	153
12 Making your decision about the birth	155
13 Negotiating for the birth you want	178
Epilogue	188
Useful contacts	191
Appendix: Birth photographs	194
Further reading	200
References	202
Index	216