



Positioning guide

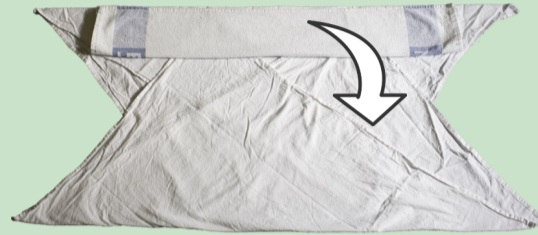
Manufactured boundaries can be used as long as they provide the support required. They will need to be replaced frequently as washing significantly reduces their strength. Where not available, a boundary can be made in this way:



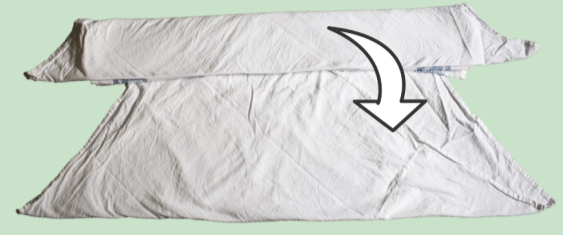
1. Fold one soft sheet (opposite corners) and lay flat



2. Fold a second sheet the same way. Place on top of the first, so the flat edges are at opposite sides



3. Fold a towel to the depth you want the boundary to be and place at one edge of the sheets



4. Fold the sheets and towel over until you have a long, firm boundary.



5. Curve the boundary around. A "circumferential" boundary (continued around the head) will offer most support.

Place a muslin on top for baby to lie on, making sure to tuck the muslin edges right to the inside of the boundary. This prevents the baby being suspended in a hammock.

The boundary should provide sufficient depth that baby's legs do not creep over the top. The boundary helps promote flexion throughout the baby's legs, arms and trunk, replicating the "in-utero" position .

Supine



- Ensure head is in the middle. Promote symmetry.
- Hips and knees are bent up and tucked (flexed) within boundary
- Boundary should be close enough to provide support to baby's shoulders
- Continuing boundary around the head offers circumferential support

Side



- Help baby to lie fully on their side, hips and knees bent and feet tucked into the boundary
- Ensure neck isn't extended backwards, nor fully flexed forwards, but positioned in the middle
- Gravity will help bring hands together
- Promote symmetry.

Prone



- Use a prone positioner, or make one. (Fold a muslin to shoulder width, with length from shoulders to hips)
- Head positioned on a gel pillow
- The arms should rest gently down, rounding the shoulders (protraction), and hips and knees will be bent up (flexed)
- Alternate head position each time baby is in prone



Please make sure baby has plenty of opportunities for Kangaroo Care too!

