



# Positioning guide: Making a boundary

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 .**