

Infant Positioning - Home Care Handout for Parents

Goal is Symmetry

When to use Infant Positioning:

- If the Infants neck can't turn side to side easily, both awake and asleep
- If the head shape is not nice and round but has flat spots

Sleep time / Awake play

Baby must be positioned safe on their back



Turn their head away from the flat side

Arrange all stimuli to help baby look over that direction

le light, the side parents approach, toys, mobile, mirror, sounds

Tummy time



Start with a few minutes every awake period, building up to 20 minutes or so as they get older

Encourage resting on elbows, flat on a mat

Engage the baby, get down to their eye level, talk and play with them

Time can additionally be spent on parents chest and over the forearm

Carrying baby:

Alternate which arm you carry baby in

Mix up carrying baby facing you or facing away

Check which shoulder they always face and mix it up

Limit the use of infant equipment, extended use in a car seat and extended use in recliners

Hint: This will be better for your posture as a parent in the long run too!



Remember:

- We are encouraging rotation of the head away from the side of preference as much as possible, until we have full range of neck movement.
- We are limiting the amount of time the baby rests their head on the flattened side of the head, until we have a nice round head shape.