

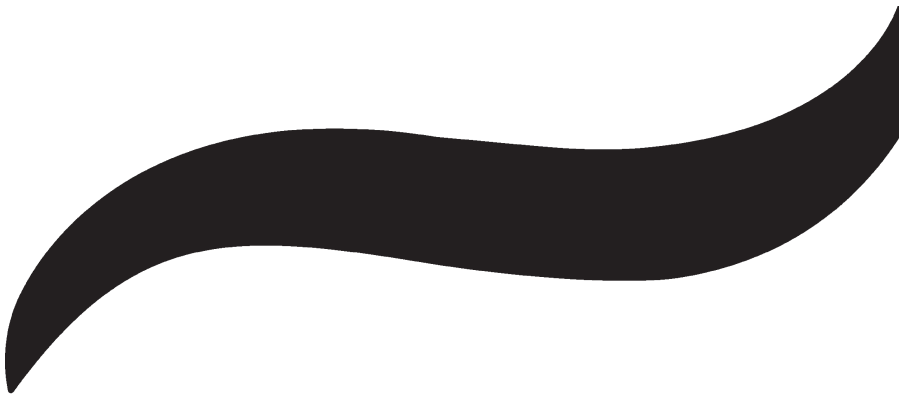


UNIVERSITY HOSPITAL WISHAW



Developmental Care Positioning

Information for parents
Neonatal



DEVELOPMENTAL CARE

When a baby is born early we need to make sure they do not get too much bright light or noise, to help them grow and develop. Your baby will feel more secure if they have boundaries (nest) placed around them as they were used to in the womb.



In the Neonatal Unit positioning aids will be used for your baby in their incubator or cot. Nursing staff will change your baby's position when needed. The positioning aids used are there to provide a boundary for your baby but do not stop your baby from moving.

BACK TO SLEEP

When you go home your baby should always be placed on their back to sleep with nothing else in the cot.

You do not require any of the positioning aids for your baby at home.



For Further Information:

The Lullaby Trust, Safe Sleep Scotland and BLISS
information available online

POSITIONS FOR YOUR BABY AT HOME

When your baby is awake you can place them on the floor on a play mat or blanket.

You must stay with your baby at all times.

The following are ideas of positions you can use with your baby.



On their Back:

You can place your baby on their back. Use a play mat or blanket and have a baby gym or toys for your baby to play with and look at. When on their back you can use rolled up blankets to make a nest around their body. This will tuck their legs up and bring their arms in towards their body.

On their side:

You can also place your baby on their side and give them support to stay in this position. Have a toy, mirror or musical toy for baby to look at. Keep baby on either side for a couple of minutes only.

On their tummy:



Start doing tummy time with your baby as soon as possible. You can have your baby on your chest and when they are bigger you can place your baby on a mat on the floor. Have a mirror or musical toy in front of your baby as they may not want to stay on their tummy for long.

PLEASE NOTE that we do not advise you to ever use a Baby Walker, Jumparoo, Door bouncer or Bumbo seat with your baby, as it will make it harder for your baby to learn to sit and walk.



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NHS Lanarkshire Children and Young People
Occupational Therapy

**Occupational Therapy website:
[nhslanarkshire.scot.nhs.uk/services/
occupational-therapy/children-and-young-people](https://www.nhslanarkshire.scot.nhs.uk/services/occupational-therapy/children-and-young-people)**



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**Paediatric Physiotherapy website:
[https://www.nhslanarkshire.scot.nhs.uk/
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