

Supporting your baby on their back



London Neonatal
Network **NHS**

This poster outlines the key principles of positioning your baby on their back in the neonatal unit. Your baby may require individual adjustments for comfort or may naturally move a little into another position they find soothing. Your neonatal team will work with you to ensure your baby is positioned in a way that supports their comfort and development.



★ Head should be supported in the midline - you may have a special pillow to help this

★ Hips should be slightly bent (about 45 degrees) and slightly turned outwards (about 45 degrees). Think of babies position in the womb.

★ Feet can touch each other and push against the bottom of the nest which can provide comfort but also build muscle strength, support bone development and sensory feedback.

★ The nest will keep the shoulders slightly forward to help hands to come together

★ Babies hands are close together towards the middle of the body for comfort and they are able to grasp easily

★ Baby should be able to move within the nest but come back to a position like this for comfort and sleep

Please note that this positioning guidance is specifically for babies in the neonatal unit.

At home, you should follow safe sleep recommendations. For more information, visit the Lullaby Trust website or scan the QR code.



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lullaby
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