

Supporting your baby on their side



London Neonatal Network **NHS**

This poster outlines the key principles of positioning your baby on their side 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.

- ★ Hips and pelvis slightly tucked, supports development and helps the baby breathe, digest milk, and open bowels.
- ★ Neck and back should be straight for breathing and for body alignment
- ★ To prevent baby's hips rolling forwards you may place a small rolled blanket/ muslin in front of the baby's trunk.
- ★ Feet touch and push against the nest, with knees and hips slightly bent. This builds muscle strength, supports bone development, and provides sensory feedback.
- ★ You may place something over the baby's shoulders or hips such as a muslin, blanket or a special bean bag to make them feel supported.
- ★ Hands close together towards the midline For comfort and to grasp easily



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.

