



# Positioning guide

## Supine



- Ensure head is in the middle. Promote Symmetry.
- Hips and knees are bent up (flexed) and tucked within boundary
- Boundary should be close enough to provide some support to baby's shoulders
- Continuing boundary around the head offers circumferential support



## Prone



- Use a prone positioner, or make one. (Fold a muslin to shoulder width, with length from shoulders to hips)
- Head positioned on a gel pillow
- The arms should rest gently down, rounding the shoulders (protraction), and hips and knees will be bent up (flexed)
- Alternate head position each time baby is in prone

## Side



- Help baby to lie fully on their side, hips and knees bent and feet tucked into the boundary
- Ensure neck isn't extended backwards, nor fully flexed forwards, but positioned in the middle
- Gravity will help bring hands together
- Promote symmetry



Note: Boundary not shown in order to view support

**Please make sure baby has plenty of opportunity for Kangaroo Care too!**