Infant Positioning

When sleeping
• Your baby should sleep on his/her back (ask for more information on “safe sleep”).
• Change the way your baby’s head is turned when laying down to sleep: facing right, facing left and facing the middle.
• Move the crib or bassinet to a different spot in the room every few weeks. Or, alternate your baby’s sleep position at the head or foot of the crib.

When awake
• Hold your baby upright at your shoulder with his chest against yours. In this position, the baby can open his eyes and look around. It will help your baby become stronger at lifting his head and turning side-to-side.
• If your baby likes to push backwards, try cradling in your arms, supporting her head with your arm. You can gently bring her into a more tucked position when held this way. Avoid holding your baby in such a way that she has to tilt her head back to look at you.
• Alternate the side you hold, feed or burp your baby so he turns both to the right and left to look at you.
• Your baby may sit in an infant seat, swing or other equipment for short periods of time (15 to 20 minutes) but should not spend long periods of time in any equipment. Make sure there is good support to keep her head upright and not slouched down against her chest. Babies enjoy being held and spending time with you. Smuggle sacks make it easy to carry your baby.

Tummy time
• Place your baby on his tummy several times every day for several minutes when you are both awake. He can lie on a blanket on the floor, changing table or other firm surface. Stay with your baby!
• Talk to and play with your baby so tummy time is enjoyable. Gradually increase the length of tummy time as your baby gets older and stays awake longer. You can place a small rolled blanket under your baby’s chest and arms and use toys to entertain her. Do not wait until your baby is 3 to 4 months old to begin tummy time – start right away!

Do not
• Do not move your baby quickly from one position to another.
• Do not leave your baby alone on any surface he could roll off of such as a changing table, bed or table.
• Do not pick up your baby by the arms or shoulders.
• Do not let her head fall or be thrown back.
• Do not place your baby in an infant seat or other equipment without being well supported and strapped in.
• Do not leave your baby alone in a swing.
• Do not use a walker.
• Do not ever shake your baby.