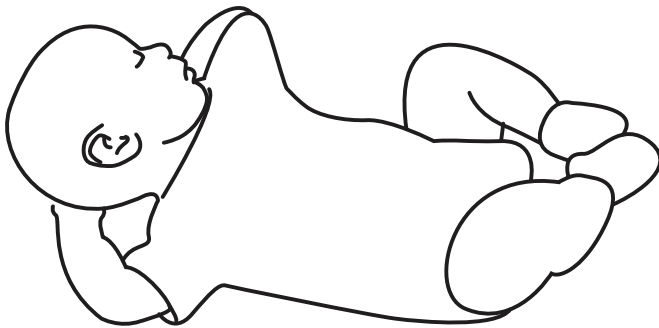




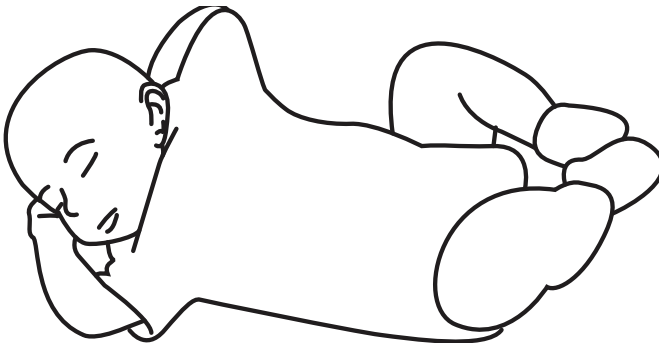
Back to Sleep for Newborns

Always place your baby on their back to sleep for night time **and** nap time. This will help your baby **sleep safely** and reduce the risk of Sudden Infant Death Syndrome (SIDS). But, to prevent your baby from getting a flat spot on their head, change their head position often. For example, if your baby is facing left for one nap time, turn their head to the right the next time.

Look to the left



Look to the right



Do not leave your baby in a car seat, swing or stroller to sleep. This may cause a flat spot to develop on the back of the head. Move your baby to their crib or bassinet to sleep.



Notes

The development of this brochure was supported by donors to the Children's Hospital Foundation of Manitoba.



Tummy Time for Newborns

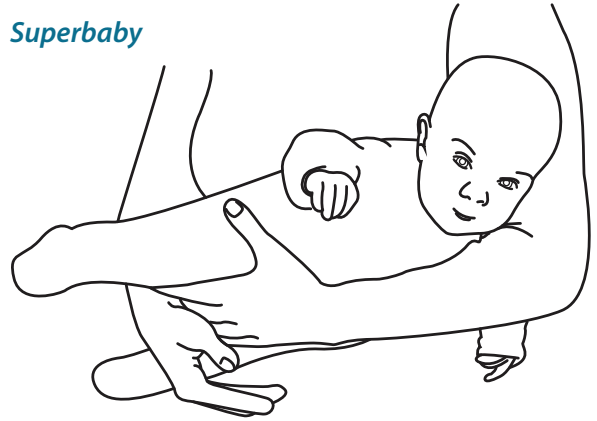
When your baby is awake and alert, it is important to give your baby time on their tummy. Tummy time helps strengthen your baby's upper body and prevents your baby from getting a flat spot on their head.

- Start with 1 or 2 minutes a few times a day when you get home from the hospital. You can increase the length of tummy time as your baby gets stronger. Aim for at least 30 minutes over the course of a day.
- Not all babies enjoy tummy time and some babies cry when they are on their tummy. This page shows some ideas to make tummy time more enjoyable for babies and their parents.

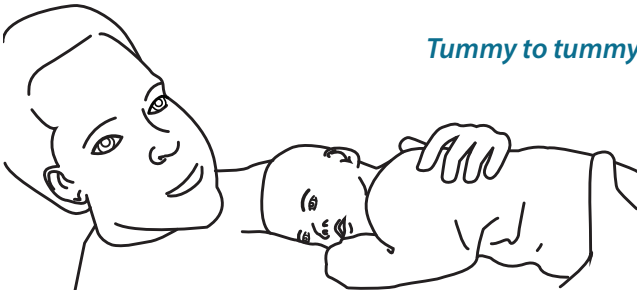
Eye level



Superbaby



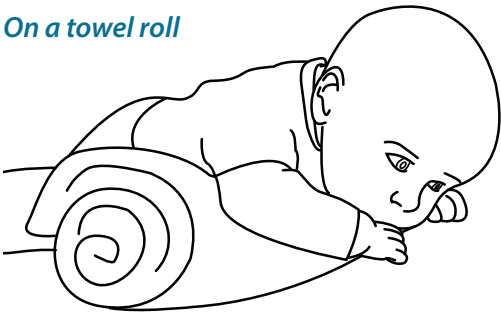
Tummy to tummy



Lap time



On a towel roll



If you have any questions or concerns about the shape of your baby's head or how to position your baby, you should discuss them with your health care provider.

Notes