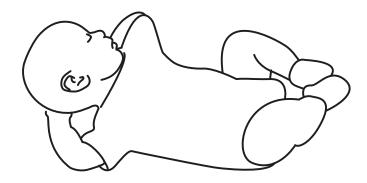
Information for Parents

Version française disponible sur demande

Back to Sleep for Newborns

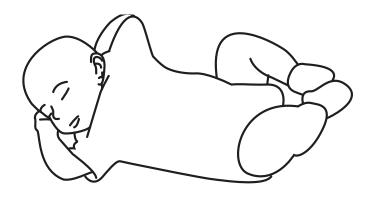
Always place your baby on their back to sleep for night time **and** nap time. This will help your baby **sleep safely** and reduce the risk of Sudden Infant Death Syndrome (SIDS). But, to prevent your baby from getting a flat spot on their head, change their head position often. For example, if your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

Look to the left



<u>Do not</u> 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
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	Children's Hospital Foundation

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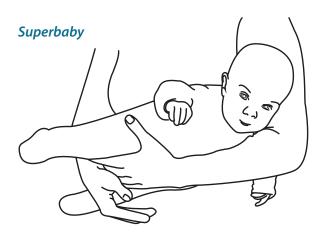
This content is reviewed periodically and is subject to change as new health information becomes available. The information is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.

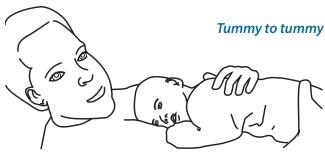
Tummy Time for Newborns

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.











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