NICU Therapeutic Positioning

I am NOT ready for Safe Sleep positioning because I have:

* Nasal CPAP
* Mechanical Ventilation
* Central Lines
* A need for developmental positioning support at this time

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Safe Sleep Positioning

I am ready for safe sleep positioning!

* Back to Sleep is recommended by the American Academy of Pediatrics
* NO hats, extra blankets, toys, soft objects in the crib
* Sleep sacks are recommended. Swaddling is safe with one blanket below my shoulder line wrapped snugly at the chest but with ample room at hips and knees. Discontinue swaddling when I can roll.
* Pacifiers are OK
* Prevent head flattening by encouraging supervised tummy time during the day when I am awake

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