

## “Back to Sleep” Program

**Purpose:** to lower the risk of Sudden Infant Death Syndrome (SIDS). Since the introduction of the “Back to Sleep” program, the incidence of SIDS has decreased significantly.

**What to do:** put your baby to sleep on his/her back on a firm infant sleep surface with no soft objects including blankets, bumper pads and toys. Wedges, rolls and pillows are not needed to keep your baby on his/her back.



Be sure to turn your baby’s head to alternating sides when sleeping on his/her back to prevent your baby from developing flat areas on his/her head.

## Tummy Time

**Purpose:** In order to strengthen muscles, prevent flattening of the head and promote motor and brain development, it is important to offer tummy time.

**What to do:** Have supervised, awake, tummy time numerous times every day, right from birth. Make tummy time a fun and enjoyable bonding experience. Your baby can be lying on your chest, held in your arms, or over your lap all while lying on their tummy. Starting tummy time at birth will help your baby lift their head on their own by the time they are 3 months old. Start with one minute and gradually increase the time as tolerated by your baby.

## What to Do if Your Baby Has a Flat Head

- Position your baby in a variety of positions as explained throughout this brochure and ensure you get pressure off the flattened area.
- See your health care provider or refer your baby to Pathways Health Centre for Children for a Physiotherapy assessment.

## How to Refer Your Child

There are a variety of ways to refer for service:

- Ask your physician for a referral.
- Ask your current health professional if you are involved with other services at Pathways Health Centre for Children.
- Complete a Request for Service Form and mail or fax it to us (available on our website).
- Complete an online Request for Service Form.
- Contact Pathways Service Coordinator @ 519-542-3471 ext. 331



## Back to sleep, Tummy to Play



1240 Murphy Road  
Sarnia, Ontario N7S 2Y6  
**Phone:** 519-542-3471  
**Toll Free:** 1-855-542-3471  
**Fax:** 519-542-4115  
**E-mail:** [info@pathwayscentre.org](mailto:info@pathwayscentre.org)  
[www.pathwayscentre.org](http://www.pathwayscentre.org)

## How to Prevent Flat Head Tummy Time Activities

### Tummy to Tummy

Place your baby on your chest or tummy so that you are face to face.



### Over Your Lap

Place your baby face down across your lap to burp or soothe.

### Get Eye Level

Get down level with your baby and encourage eye contact.



### Tummy Down Carry

Slide your arm under his/her tummy and between his/her legs when carrying your baby tummy down.



### On a Roll/Blanket/Pillow

There are a number of items designed to help a baby be more comfortable on his/her tummy or simply roll a blanket and place it under his/her chest and upper arms.

### Limit Equipment Use

It is important that your baby changes positions frequently and is not left in a car seat, swing or infant chair for significant amounts of time.



### Change Your Baby's Position Frequently Throughout Day

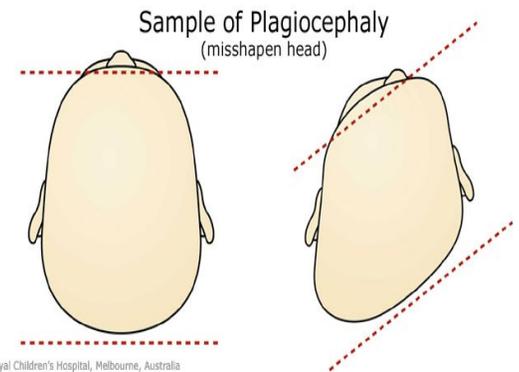
Provide tummy time, use swings, carry your baby in an infant sling or carrier and give them time awake on their back.



## What Can Happen if Baby Doesn't Get Tummy Time

1. Your baby could develop flat areas on their head
  - Babies are spending a significant amount of time on their backs (sleeping, in car seats, swings, infant chairs) which has caused an increase in the number of babies developing flat heads
  - Babies skull bones are very soft and flexible. Their heads can be easily molded when left in one position for long periods of time.
  - Another term for the flattening of babies head is "positional plagiocephaly".

### It may look something like this:



2. Your baby may be delayed with his/her motor development.
  - Babies initially develop their neck, arm and shoulder strength from being on his/her tummy.