

The best care demands exceptional support

Creating prone, side-lying and supine positionings. Promoting infant wellbeing and stress-reduction.

Properly prone

Prone positioning can reduce lateral skull flattening and skin breakdown during extended hospital stays. It also encourages flexor tone, active neck extension and head-raising.



Select Prone Plus, Snuggle-Up a 28- or 36-inch Bendy Bumper in the correct size. Place Prone Plus into the Snuggle-Up. (Prone Plus should be no wider than infant's nipple-to-nipple and no lower than navel.)



Hold and slowly rotate infant to prone, midline position with Prone Plus, so the hands are toward the mouth for self-soothing. Be sure hips are rounded and feet are placed in the Snuggle-Up.



Adjust straps to provide containment, while also allowing for dynamic movement at the hips first, then shoulders.



Move slowly (following infant's cues) and round the Bendy Bumper to rest against the infant's head to comfort and contain. Bendy continues around the back and outside of the Snuggle-Up.



If the infant arches his head and neck, Freddy the Frog's beads can be positioned to apply more pressure and containment. (Freddy weighs one pound; do not place full weight on infant.)

Softly supine

An infant may be placed in supine position for treatment – or as “training” to all-important back-to-sleep positioning before heading home.



Using hand containment, hold the infant in midline flexion.



Flex the infant's legs and hips deep into the pocket of the Snuggle-Up, keeping feet, legs and hips aligned. Continue to use hand containment, following the infant's cues.



Adjust straps to provide containment, while also allowing for dynamic movement at the hips first, then the shoulders.



Keep the infant's hands at the face for self-comforting. Add a Bendy Bumper to provide the boundary needed – and to encourage flexion and natural resistance.



Freddy the Frog can augment the Bendy Bumper for support – or work alone as a boundary for the infant's head. Moving Freddy's adjustable beads creates the appropriate boundary height.

Side-lying support

The challenge of the side-lying position is proper alignment. Shoulders are rounded with hands near face. Hips are aligned and softly flexed. Feet are lightly braced.



Maintain a flexed position using hand containment. Place the infant on her side, providing support to the head while aligning shoulder and hip. This alignment is key.



Flex the infant's legs and hips deep into the pocket of the Snuggle-Up, keeping feet, legs and hips well aligned. (The Snuggle-Up mimics the uterine wall.)



Adjust straps to provide containment, while also allowing for dynamic movement at the hips first, then the shoulders. Follow the infant's cues.



Add Bendy Bumper – match boundary height to the infant.



A Bendy Bumper coupled with Freddy the Frog's adjustable beads offers stability and containment. (Do not place full weight of Freddy on infant.)



To learn more about using Bendy® Bumper; SnuggleUp® and Freddy the Frog, scan the QR Code or visit Philips.com/NICU/edu. Philips offers a full range of postnatal, neonatal and pediatric care tools, including Critical Care clinical information systems, infant warming environments and IntelliVue NICU monitoring solutions.

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