

Top 10 Infant Positioning Myths



1. *Myth: Once you position a baby, your job is done.* Truth: Babies move, and gravity never sleeps.
2. *Myth: Fussing means a child is uncomfortable.* Truth: Fussy babies can be bored, lonely, tired, or hungry. Or... all of those things! Automatically assuming that fussing is a sign of discomfort may not be your best choice.
3. *Myth: High chairs are all you need.* Truth: There are a variety of seating possibilities, and young children may need different seats as they develop. The more complex special needs child is likely to need more than one seat over time.
4. *Myth: Get those feet on a footplate as soon as possible.* Truth: young infants without the necessary trunk and pelvic control for to effective weight shifting can't use a footplate correctly. They are more likely to use compensatory posturing as a substitute for control.
5. *Myth: Children are in strollers for such short periods that positioning doesn't matter.* Truth: Developmental opportunities occur when infants are out and about as well therefore it is important to make sure they are always positioned correctly. Oftentimes, little ones will fall asleep in their strollers so that short period of time can be extended.
6. *Myth: Tummy Time is painful for infants.* Truth: Even babies who have G-tubes can handle Tummy Time when it is done correctly. Much of their fussing seen isn't physical discomfort.
7. *Myth: Tummy Time is all you need.* Truth: Side Lying and supine play offer unique benefits that Tummy Time cannot provide.
8. *Myth: Experienced parents, babysitters and nannies know what to do.* Truth: Cultural norms and multiple agendas regarding a baby's daily activities can conflict with optimal positioning.
9. *Myth: Special Needs infants always need therapeutic seating.* Truth: Many special needs babies can use commercially-available seating, at least when they are younger and for short periods of time.
10. *Myth: Infant exercisers are risk-free entertainment for special needs babies.*
Truth: Infant exercisers use sling seating, making good posture almost impossible. This is a huge risk.