

mije™



baby-head-rest™

Gentle prevention of flat-head in newborns.



Keep baby's head round with the shape memory foam head rest

The delicate round shape of a baby's head is something we take for granted. Yet from 0 – 4 months the regular pressure of flat surfaces like cot mattresses and prams can cause flat spots on the back or sides of the head.

- ✓ The condition is called “flat-head syndrome” and has been on the rise in the past decade.
- ✓ Using baby-head-rest in the first four months of life will support baby's head and reduce the risk of a flat spot occurring.
- ✓ Made from shape memory foam with a soft cotton cover, the baby-head-rest has been developed in Australia and gently supports baby's head and natural head movements.

www.babyheadrest.com

☎ 1300 119 837



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How does baby-head-rest work?

The baby-head-rest is not a pillow and does not lift baby's head. Rather, it provides gentle cradling to eliminate pressure on the skull.

Using the baby-head-rest from day one may dramatically reduce the risk of baby developing flat-head syndrome and the need for corrective treatment, such as helmet therapy.

If a flat spot is noticed within four months of birth, the baby-head-rest may stop it from worsening and can often correct the condition.

Using baby-head-rest

- 1 The baby-head-rest should only be used until four months of age or until baby has learnt to roll.
- 2 Use baby-head-rest any time baby is positioned on their back in cots, playing on the floor or in prams.
- 3 Just place baby on their back and gently slip the baby-head-rest under the head so that the back of the skull is gently cradled by the hollow, as shown.
- 4 In line with sleeping recommendations, it is important to continue to sleep baby on their back, even if a flat spot occurs. Seek medical advice about any change in your baby's head shape.

