For positive development without entanglement...
• The situation of preterm infants regarding motor development
• Objectives of the nest
• Composition and functionality of the nest incl. material properties and available sizes
• User recommendations
• Recommendations for washing and care
What preterm infants expect (environment in the womb):

- Flexible boundaries, safe surroundings
- Freedom of movement due to near-weightlessness
- Flexed position
- Orientation towards the body’s centre line
- Proprioception
- Structured neurosensory development

The mother’s womb offers the best possible prerequisites for the physiological development of healthy movement patterns, adjusted muscle tone, self-perception and auto-regulation capability.

What preterm infants experience (post-natal situation and environment):

- Flat, unlimited surroundings
- Impact of gravity
- Difficulty in making coordinated movements
- Lack of or minimal muscle tone
- Sensory overstimulation due to NICU environment (stress, anxiety, pain)
- Lack of adequate stimulation corresponding to infant’s development

In the new environment the preterm infant, due to a lack of muscles and muscle tone, in the absence of targeted support, tends to display stretching patterns and to make nervous, searching movements, which cost a lot of energy. It is very difficult for preterm infants on their own strengths to achieve and maintain a flexed, relaxed position in which they can calm themselves.
Objectives of the positioning nest

- Creation of an environment that provides support, safety and flexibility as a basic prerequisite for a relaxed position, both at times of rest and during caregiving/medical procedures
- Promotion of healthy sleep
- Support of the autonomic system (respiration, digestion)
- Promotion of flexed position, orientation towards the centre line and support of auto-regulation
- Avoidance of sensory overstimulation
- Healthy neurological and motor development through stimuli adapted to the infant’s development
Composition and functionality of the positioning nest

- Soft cushioning (3D knit fabric) for pressure relief and support of moisture management for optimum climatic control
- Lying surface made of fine microfibre/cotton mix is gentle and prevents skin irritation
- Side flaps, individually adjustable by an array of snap fasteners, support body position
- Sizes: XS<800g / S>800g-1,200g / M>1,200g-2,000g / L>2,000g

Head piece/shield
- Can be put in an upright position
- Provides reliable protection from direct light
- With lateral opening for ventilation tubes

Leg pocket
- Secure hold for prop-up
- Supports the legs towards flexing

Side flaps
- Stabilise positions
- Support the arms in flexing towards the body’s centre line
- Hold arms during procedures
The positioning nest primarily serves to provide the tiny patients with an experience of a secure yet soft boundary in order to positively support their motor development. We recommend our birdy™ prone-positioning cushion or a synthetic cotton bandage (e.g. Rolta® soft) for positioning support, depending on the situation.

The head piece serves to protect the preterm infant during rounds of routine care, drawing of blood and medical procedures that require bright direct light. Once the infant has fallen asleep, the head piece should be folded towards the outside.

The preterm baby's temperature has to be closely monitored in the positioning aid using a skin probe. The nest may either be used in open (leg pocket folded inwards) or closed style (leg pocket put up).
Recommendations for washing and care

- Material composition: 50% Cotton, 45% Polyester Trevira bioactive, 5% Elasthan

- We recommend washing at 60 °C with disinfectant laundry loads
- Tumble-drying

① Always wash and dry the nests, including the accessories, in the laundry bags provided!

① Open all snap fasteners, incl. the head piece and leg pocket, before washing and carefully close the laundry bag!

① Do not feed the nests through a wringer or mangle!

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