



Peanut Pillow

A positioning pillow for the new born



The DM Orthotic Peanut Pillow

As designed by neonate physiotherapists will:-

- Support the baby's head
- Help to keep it centred
- Promote midline position of head and upper extremities
- Helps bonding by promoting eye contact
- Prevents plagiocephaly

New born babies find it difficult to centre their heads for long. When lying on their backs they characteristically lie with their heads to one side or the other.

In premature infants head preference to the right is a common problem and this is reinforced through prolonged stays in NICU where the majority of care givers are right handed.

Cranial moulding correlated to restricted intrauterine environment, birth trauma, torticollis,

positioning, lack of full bone mineralisation, or neurological deficits can all contribute to the development of an asymmetrical, or elongated head shape in new born or premature infants.

Research strongly supports repositioning of infants to improve cranial vault symmetry. Nursing interventions to prevent cranial moulding include alternative mattress surfaces, supportive positioning and regular changes of position.

For safe and effective use of the peanut pillow we recommend that:

- The flat portion of the pillow is placed under the baby's head
- The pillow is only used when the baby is awake and lying on its back
- That you do not leave the baby unattended or sleeping with the pillow

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