Deformed skulls and abnormal positioning in infants - a problem that is often underestimated. In collaboration with a paediatric physiotherapist, Träumeland has developed the new Care line as a preventative measure and remedy.

In an excellent position

Positioning the baby in an unbalanced manner - for instance, if it is lying on one particular side too often - can have a negative impact on the head shape, body posture, motor skills and sensation. After all, the first year of a child’s life is when the soft skull is changing shape and hardens. In order to prevent such deformation, the baby should be regularly repositioned. Alternating between the supine position, the supported lateral position and - during the day - the prone position. The safest position for the child to sleep in is on its back; lying on its stomach helps to strengthen the back muscles and trains raising the head. Paediatric physiotherapist Maria Heinzl and Träumeland have jointly developed the new Care line comprising a range of six speciality products to prevent and treat deformation better. www.traeumeland.com

This three-piece lateral positioning set facilitates optimal stabilisation of the baby in the lateral or supine position.

The development cushion Carefor holds the head in an optimal position without creating unilateral pressure. The special feature of this new development is the 2-chamber system. In order to remedy a deformation, the cushion filling can be removed precisely - depending on deformation - offering relief to the specific affected point.

The baby cushion ‘Wolke’ is a comfort cushion. It softly beds the baby’s precious head in the ergonomically correct position and thereby prevents head deformations.

The wedge cushion ‘Visko’ (0 to 8 months) and ‘Maxi’ (6 to 19 months) is designed to prop the baby up, which is an ideal option to offer relief for babies suffering from reflux or a cold.

Quelle: 1st Steps
Change sides frequently

Maria Heinzl has been working as a paediatric physiotherapist for around 20 years, and frequently treats babies with deformed heads or an unbalanced body posture. In this interview, she explains why she got involved in the development of Träumeland’s new Care products, and what preventative measure parents can take.

Ms. Heinzl, how are poor positions and deformations in infants caused?
Many skulls are already being deformed during pregnancy, due to the confined space (for instance, if the mother’s pelvis is too narrow) or exceedingly strong pressure during birth (e.g. ventouse delivery). Later in the infants life, such deformation is caused by unilateral positioning. In recent years, babies mostly sleep on their backs, because this reduces the risk of sudden infant death. However, this results to increased flattening of the back of their heads.

What are the consequences?
A deformed head is not just a cosmetic abnormality - it affects the infant's entire body posture, motor skills and sensation. If the skull is flattened or deformed on one side, the head constantly roll onto the flat part. This often leads to motor problems; babies struggle to turn around and their development is often delayed. Other consequences include asymmetry and increased tension; for instance in the atlantooccipital joint and the jaw muscles. Affected babies are often very restless or are considered crybabies.

How can this be treated?
The most important thing for babies with skull anomalies is to reduce the pressure on the deformed section. This must be done both, in the practice and at home. In the past, I had to improvise aids; for instance, by using towels to support the infant’s lateral position. Now I use the lateral positioning set from the new Care line. I recommend the Carefor cushion for children with a deformed skull. This cushion helps to relief the pressure on the deformed section very precisely. That was not possible before. In the development of these products, I placed a strong emphasis on their fulfilment of therapeutic requirements.

What advice would you give parents? What preventative measures can they take?
They should ensure that they reposition their children during the day right from the beginning - turning them onto the other side, as well as alternating sides when carrying them. It also helps to change the cradle’s position more frequently, as babies like to turn towards the source of light or sound, and observe their siblings playing. This would prevent them turning the same way all the time.

When do children need support?
The Care line is also a useful preventative: Since infants should sleep on their backs at night-time, the Carefor cushion prevents head deformation. If an infant prefers sleeping on the side, the lateral positioning set prevents the baby rolling over onto its stomach. It was hugely important to me that the products stimulate motor and sensory skills. For example, the prone position is a key prerequisite for crawling. Yet, many infants are not keen on it. The wedge pillow makes it easier for them. But my absolute favourite is the cuddle nest, especially for smaller babies: It’s a perfect fit and stabilises the body position. That’s why I also recommend the ‘cuddle nest’ for crybabies.