



Parent Tips & Hints

Sleep Time

We hope that you find some of the following suggestions, from other DDH parents, helpful.

Positioning in the bed

- *Use a rolled up towel or pillow for the legs to rest on (see photo).*
- *Using pillows to prop your child up on has been successful for some.*
- *Once rolling, and able to move around the bed, don't be surprised by the weird and wonderful positions your child will find comfy.*
- *Your child may need assistance to be repositioned in the bed if they're unable to change positions themselves.*
- *If your child was rolling before treatment started practice rolling in the harness/brace during the day, to help them go from back to tummy or vice versa in the night. Making it a game helps.*

Please note the SIDS guidelines when considering these options and whether they are right for your baby. <http://www.sidsandkids.org/safe-sleeping/>

Settling

- *Try keep your approach and routine consistent; do what works for you and your child. Each child is unique and adjusts differently.*
- *Some babies/children go from being good sleepers to terrors during treatment.*
- *Some babies/children sleep well with the brace on and become terrors when the treatment is ceased.*

NB. An information booklet specific to managing with a Spica cast is being developed.

Share your ideas with us info@healthyhipsaustralia.org.au

Disclaimer

This information is intended to support, not replace, discussion with your doctor or healthcare professionals. Every effort is made to ensure this information is up to date, accurate and easy to understand. Healthy Hips Australia accepts no responsibility for any inaccuracies, information perceived as misleading, or the success of any tips, hints or treatment regimens discussed in these handouts. This handout and others are available to download free of charge at www.healthyhipsaustralia.org.au

Developed by Healthy Hips Australia (Doc ID: HHA – TH – 010)
Developed: April 2015, Revised: June 2015

Useful Links

Healthy Hips Australia

healthyhipsaustralia.org.au



Sleepy Wings

www.sleepywings.com.au

Ergobaby Swaddler

[www.ergobaby.com.au>swaddlers](http://www.ergobaby.com.au/swaddlers)