

## **The ability to place the infant in the prone position on Nettress for longer periods of time and lack of mattress sagging promote infant development**

Motor development is seen to depend upon various factors that may reside in the infant or in the environment. If the environment in which the infant is placed plays a role in its motor development, varying the positions of the infant during sleep or wakeful time have an impact on their motor development. Varying positions for the infants is believed to be important for their motor development and the prone position of particular importance in the development of head control and anti gravity extension. Prone extension is essential for the development of stability in various weight-bearing positions such as prone-on-hands, on all fours and sitting. Hence, lack of experience in the prone position may have a detrimental effect on the motor development of the infants. In reviews of study on infant positioning in sleep and play the following conclusions were made:

- In healthy infants born at term, those who spent time in prone when awake achieved developmental milestones significantly earlier than those who did not or who spent limited time in prone when awake in the first 6 months of life.
- Low-risk preterm infants who slept in supine attained head control and rolling between supine and side and bringing hands to midline significantly slower than infants sleeping in prone or non-supine positions.
- In very-low-weight with and without preterm white matter disease prone sleeping and playing were significantly and positively associated with motor development at all ages as measured by milestone acquisition and motor function as measured by the Alberta Infant Motor Scale (AIMS).

**The ability to place infants on Nettress in the prone position for longer periods of time may promote infant development in healthy term, low-risk preterm and very-low-weight preterm infants. The taught sleep surface of Nettress with lack of mattress flaccidity or "memory" provides an ideal developmental, orthopedic surface for infants.**