

Information for Infant Repositioning Classes

(To be given to parents of infants under 4 months of age who meet class criteria)

- Who Can Attend?**
- Infants who have been seen by a community health nurse or family doctor/pediatrician and attendance at a repositioning class has been recommended
 - Infants must be between the ages of 0-4 months
 - Infants must have an identifiable flat area on the head
- Class Content:**
- Hands-on teaching of positioning strategies to aid in the correction of an identified flat area on the head
 - Teaching will include practice of tummy-time and side-lying play
 - Screening for neck muscle problems
 - Screening for severity of flattening
- Class Size:**
- Each class will be limited to 5 babies (one or both parents/caregiver can attend) so **you must call early to register**
- Class Length:**
- Each class will run for approximately 60 minutes
- Location:**
- Please refer to the back of this page for locations and times
- Parking:**
- **Parking fee required** at the Alberta Children's Hospital
- Cost:**
- Classes are free of charge (but **you must call to register**)
- To Register:**
- Call 403-955-5437. Please be sure to leave your name, the name of your child, your child's birth date, and your home phone number. If your child was born before at 36 weeks gestation or earlier please mention this to the receptionist.
- What to Bring:**
- Please wear comfortable clothes as you will be working with your baby.
 - Please bring your own blanket to place on the table for your baby.
 - If you have questions about positioning devices/specific toys you may have purchased, please bring them along.

NO CHILD CARE PROVIDED, NO OLDER SIBLINGS ALLOWED
(Please arrange alternate childcare for siblings.)