

Flat head syndrome and prevention advice

Flat head syndrome

normal plagiocephaly brachycephaly dolichocephaly



Baby flat head syndrome is a condition that makes the back or side of a baby's head look flattened, which is caused by excess pressure on a baby's skull.

Babies are most vulnerable to flat head syndrome in their first three months. During this time their skull bones are soft and can flatten if put under constant pressure.

Prevention of flat head syndrome

MIMOSPILLOW

We recommend its use from the very first days of life. Mimos is a pillow with a special cavity that allows gentle head support without reducing baby's natural neck movements. Our pillow is composed of a tridimensional structure that is breathable and safe.



Use this pillow only when the baby is lying flat and facing up on their back such as in the cot, in the stroller or playing during the day.

Tummy Time

Increasing the amount of tummy and upright play time, can also help to correct flat head syndrome. For newborn babies you can start tummy time by laying them skin to skin on your chest for short periods of time. When they are old enough to play on a mat you can encourage tummy time for 30 minutes a day. This helps strengthen the neck and also encourages the head to grow normally by reducing the amount of pressure on the skull.

Therapy and Torticollis

In some instances, babies may have a condition known as Torticollis, where there is a tightening of the neck muscles that cause a baby to favour one side. In addition to safe sleeping, a Mimos Pillow and tummy time, treatment may also involve the addition of physical therapy. Your supplier / health professional can help you with information regarding therapy.

Cranial Remodelling Helmets

If asymmetry/flattening is severe or persists, a Cranial Remodelling Helmet may also be required to redirect growth and promote symmetry. This treatment is most effective if started between 4 to 6 months of age.



MIMOSPILLOW

www.babysafepillows.com.au

Breathable and Safe

Recommended by Doctors and Specialists

Effectively treats and prevents flat head syndrome

Comfortable, soft and compact

Allows free 180° head and neck movement

Safe for direct contact with baby skin

Hygienic and anti-allergic

Machine washable and quick drying



Engineered to be baby safe

mimosPILLOW is a tridimensional pillow specially designed to reduce pressure under the head. This allows the head to grow and round out to its natural shape. It is most effective when used before 6 months of age. It can be used for prevention from the first day of life.

Available in four sizes



Pram
from
0 to 6 months



Large
from
0 to 3 months



X Large
from
1 to 10 months



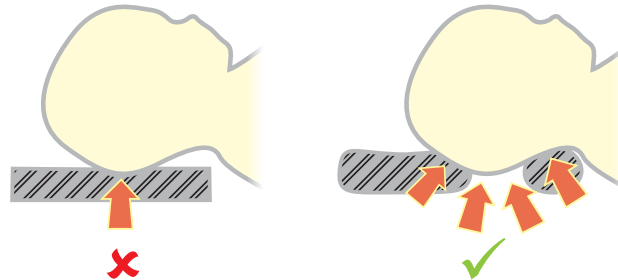
XX Large
from
5 to 18 months

Pillow covers specifically designed for every size available. Pillow covers are washable at 60 degrees Celsius and are great for warm climates. Covers are bleach and chemical free.

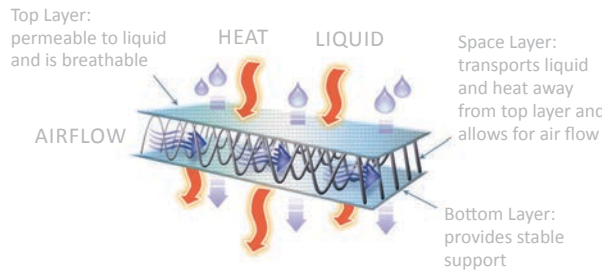


Features

The pillow design **redistributes the weight of baby's head** onto a bigger surface area, therefore avoiding constant high pressure spots that produce skull flattening over time.



This pillow has been **designed by engineers and doctors** and is currently recommended by more than a 1000 paediatric doctors around the world.



Supports the baby's soft skull in situations involving prolonged periods of time where baby is on their back on hard surfaces. The pillow adapts to any head shape and therefore is not necessary to counter-rotate or reposition the head as usually recommended by doctors before the existence of the Mimos pillow. As long as the head rests on the pillow cavity the pressure spots are eliminated and the head can round out.

Mimos Pillows are **machine washable**. Please carefully read the washing instructions on the label. Due to the **okotex certified materials**, it does not contain any harmful substances for the baby.

MIMOSPILLOW

Distributed By:



Baby Safe
PILLOWS

www.babysafepillows.com.au

Postal Address:
PO Box 2272, Chermside Qld 4032

Telephone:
1300 423 338

Email Us
info@babysafepillows.com.au

ARTG Number: 217002

This product is a CE approved Class 1 Medical Device



CE Marking on product is a Manufacturer's declaration that the product complies with the essential requirements of the relevant European health, safety and environmental protection legislation.

