

Newborn Nest frequently asked questions

Below are frequently asked questions and suggested answers.

1. Mom says, "I am not putting my baby in a box..."

You say, "I know this is a new concept and may seem odd to you. I want to share the history of the Newborn Nest and why Children's Hospital is encouraging our families to utilize them. The Baby Box, which we call the Newborn Nest has been used in Finland the past 80 years to keep babies safe. After implementing the program, Finland lost many fewer babies from sleep-related death. The Newborn Nest allows you to keep baby close, but in their own sleep space. What other worries do you have?"

2. Mom says, "We have pets in the home, I am worried...."

You say, "Pets are a wonderful part of families. It is recommended that you keep pets away from any sleeping infant – no matter what the baby is sleeping in. This can be accomplished by using a baby gate or closing a door to keep animals away from a sleeping infant. You can put the lid on the Newborn Nest only when it is not in use. What other questions do you have?"

3. Mom says, "I slept with all of my other children..."

You say, "Women whose babies died from an unsafe sleep space have said that they 'didn't think it would happen to them'. Death in this way isn't common but when it happens, it is tragic to that family. Many women think that when they sleep, they won't roll over onto their baby. This is also what many women who lost their baby have said. If we think about this a different way, many of us survived not wearing a seat belt as a child. But based on what happened to thousands of other children we now have better knowledge and ways to keep children safe in cars...like wearing seat belts. We have found the same for putting babies to sleep. "

4. Mom says, "How am I going to explain that my baby sleeps in a box..."

You say, "Some of your family might think it is weird for your baby to sleep in a box. However, you can share with them that this program has helped keep babies alive in Europe and we are bringing this here to help babies in the United States. Also, you can share the videos that we watched."

5. Mom says, "I don't need a Newborn Nest because I have a..."

You say, "It is great that you have a safe sleep plan for baby while you are at home. Where is baby going to sleep at daycare? When baby visits his father, does he have a safe place to sleep? What about other family members? What about vacation?"

6. Mom says, "It looks like a coffin..."

You say, "The Newborn Nest comes with a cover to keep the extra things from falling out. Other than a box, many families will put babies in a dresser drawer, laundry basket or wicker basket for the first couple months so they can keep them close, but also safe. Think of this as a special small cozy place for your baby. A coffin has a cover and the cover should never be used with your baby so they have air to breathe. This is an important point to tell anyone you give the Newborn Nest for your baby."

7. Mom says, "How long can I use the Newborn Nest for..."

You say, "The Newborn Nest is intended for the first few months until your baby grows too long to be comfortable in the Newborn Nest. When your baby is too long, you should move your baby to a crib or Pack N Play and we can help you find one if you don't already have one. We can continue to talk about how baby is developing and work together to move your baby to his/her next sleep space."

8. Mom says, "Can I carry my baby in the Newborn Nest..."

You say, "No. Even though the instructions say you can carry a baby until they are 15 pounds, I don't recommend you carry the baby in the Newborn Nest at all. When you carry a baby, they can move or shift their weight fast and it can be easy to drop them by accident when they are in the box. It is easier to move the Newborn Nest and then move your baby separately and safely. You also never know when you might trip or fall, and it will be easier to see your way if you only have a baby and not the Box in your way."

9. Mom says, "What about using the Newborn Nest in the car or bus..."

You say, "The Newborn Nest cannot keep babies safe in a car and should not be used as a car seat. If you need a car seat, we can work together to find one."

10. Mom says, "Can I put the Newborn Nest in bed between my partner and me..."

You say, "The safest place for your baby is alone, on his/her back, in a separate sleep environment, like a Newborn Nest and in smoke free air. Many mothers want to be as close as possible to their baby. Women may be tempted to put the Newborn Nest on the bed. However, a bed isn't a firm, flat surface like the floor or ground. This means the Newborn Nest can be pushed during sleep, can tip over, or can fall off the bed. Can I show you what I am talking about?"

If mom says yes, place doll (or baby – baby is best, because their center of gravity is more realistic than a doll) inside of Newborn Nest and take to bedroom. Demonstrate how sitting or rolling next to the Newborn Nest can result in the baby moving around in the Newborn Nest.