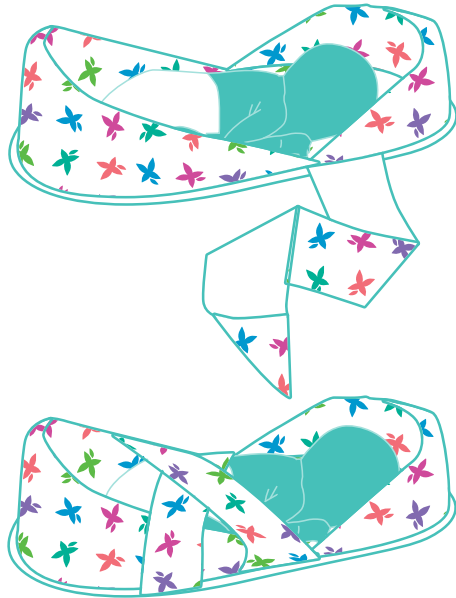


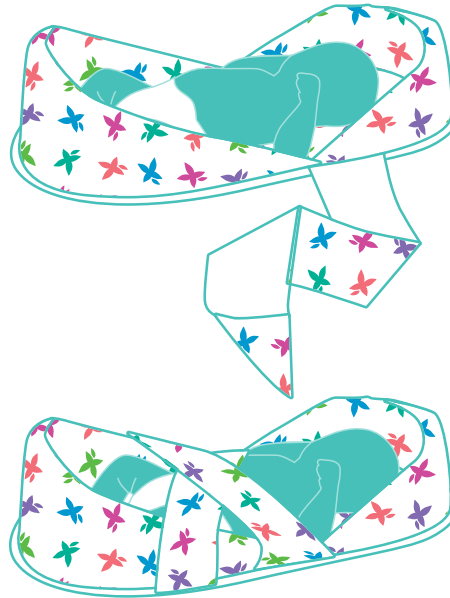
Claire's Nest®

“The purpose of nesting is to give your baby boundaries, much like they had inside the womb. So they have a surface to touch and brace against when they stretch. Nests help them to curl up, settle, sleep and stay warm.” Caring for your Baby in the Neonatal Unit by Inga Warren & Cherry Bond

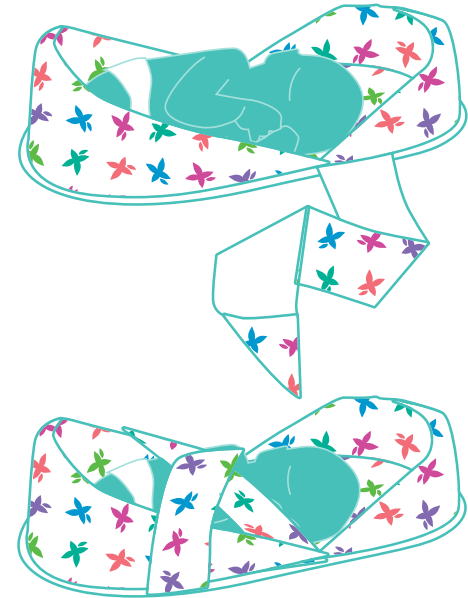
PRONE






SUPINE



LATERAL






- Any baby nursed prone or lateral within Claire's Nest MUST be monitored via a cardiorespiratory monitor or apnoea box. This should be discussed and explained to parents. Safe sleeping with regards to reducing cot death risk, should always be discussed with parents in accordance with current healthcare guidelines.
- Temperature control is important when using Claire's Nest, as it provides a thermal environment for the baby. The baby's temperature should be checked prior to placing in the nest, and 1 hour later to avoid overheating. Temperatures should be observed regularly, and incubator temperatures adjusted as needed.
- Position change in babies should be regular over the day. This has shown to help reduce head moulding and flattening in some babies, and provides regular pressure care relief to support good skin integrity. Lateral and Prone positioning has also shown to improve digestion and respiratory effort in some babies.
- When positioning in Claire's nest, the baby should be able to move their arms and hands, allowing movement towards their face and mouth, giving them the opportunity to self comfort.
- When using Claire's nest try to help the baby maintain a flexed, midline position with the feet snugly at the base of the nest.
- The nest straps can be used to supportively draw the nest in to the baby. Movement should never be restricted or prevented.
- The individual needs of each baby should be assessed. If unsure about positioning, staff should seek guidance from their Clinical Educator or ward Physiotherapist.
- Do not use if any component is broken or missing.
- Nest sizes are provided for guidance only. Always assess each baby individually, and use an appropriate sized nest . Cuski's Bertie positioning aid can be used to help customise each nest for individual use.
- Nests are recommended for hospital use only, and should not be used inside a carry cot or a pram.
- IMPORTANT — Read the instructions carefully before use and keep them for future reference. Washcare:    .Wash up to 90°C, **cool dry only**.

Claire's Nest® Clinical Nest



- The sides can be folded down to accommodate respiratory equipment, wires and tubing.
- This feature also allows easier access to neonates for cares and procedures, supporting minimal handling.
- Use in the same way as Claire's Nest (Page 1)

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