

Container Baby Syndrome

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Agenda

- What is Container Baby Syndrome?
- What are the causes?
- Are there developmental impacts?
- How can we prevent CBS?
- Treatment
- Q&A

What is Container Baby Syndrome?

A collection of movement, behavior and developmental problems caused by an infant/toddler spending too much time in any commonly used piece of baby equipment resembling a "container".

Commonly Used Containers

- Car seats
- Strollers
- Bumbo seats
- Swings
- Rockers
- Bouncy seats
- Crib/bassinette
- Nursing cushions
- Pack-n-Play
- Jumpers
- Exersaucers
- Walkers
- High Chair



History



Tummy to Play?

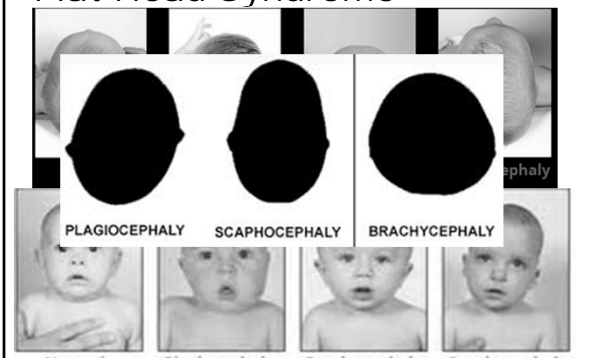


What Does CBS Cause?

- Flat Head Syndrome
- Torticollis
- Delayed Development



Flat Head Syndrome

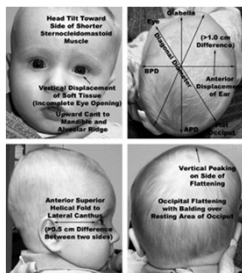


Torticollis

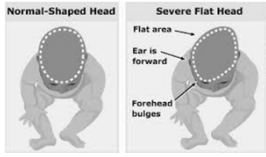


Delayed Development

- Motor
- Sensory
- Cognition
- Communication
- Social Emotional



Other Concerns



- Otitis Media
- Facial Asymmetry
 - Obesity
- Injury or Death
 - ADHD
- Visual Impairment

Prevention – Appropriate Use of Containers

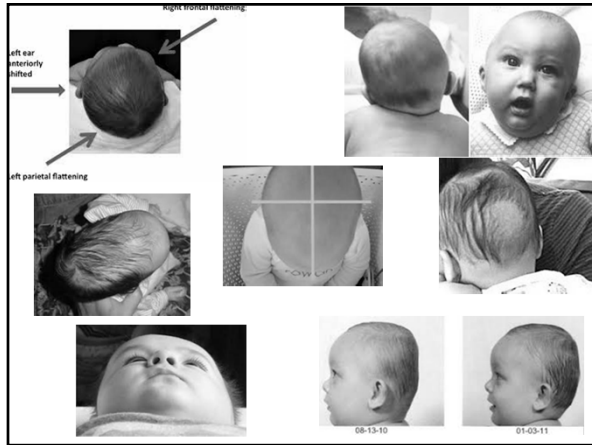
- Car Seat/Stroller
 - Transportation only - frequent breaks on long trips
- Rocker/Slider/Swing
 - Abnormal sensory experience
- Seats
 - Limit range of motion
 - Use only after 4-6 months
- Walkers/Jumpers/Exersaucers
 - Limits exploration, strength and functional vision
 - Abnormally stimulates reflexes – lack of integration

Prevention – Alternatives to Containers

- Floor time
 - Mostly tummy time – on chest counts!
- Carry/Wear Baby
 - Sling, wrap, carrier
- Pack-n-Play/Play Yard
 - Free movement but safe
- Lap Sitting/Cuddling
 - Automatic connection to adult
- Feeding
 - In arms initially, high chair after 4-6 months
- Sleep
 - Crib/bassinette/pack-n-play only

Red Flags = Referral

- Observed abnormal head shape
- Developmental concerns – by 5 months
 - Rather stand than sit
 - Stiffening legs so its nearly impossible to sit them
 - Dislike independent movement – rely on adults
 - May not be rolling or actively trying to move
 - Not tolerating tummy time
 - Not kicking feet/legs when on their back
 - Not exploring toys well
 - Described as bored/discontent/fussy



Treatment for Container Baby Syndrome

- Repositioning
 - Floor time with active play with adults
 - Back to sleep - Alternating ends of the crib
 - Carry baby - varying how you carry baby
 - Sitting on lap (horsey style) with support at hips/trunk.
- Helmet
 - As early as possible – ideally begin at 4-7 months up to 14 months
- Surgery

Questions?



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