

Why Finnish babies sleep in cardboard boxes ^[1]

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EXCERPTS:

For 75 years, Finland's expectant mothers have been given a box by the state. It's like a starter kit of clothes, sheets and toys that can even be used as a bed. And some say it helped Finland achieve one of the world's lowest infant mortality rates.

It's a tradition that dates back to the 1930s and it's designed to give all children in Finland, no matter what background they're from, an equal start in life.

The maternity package - a gift from the government - is available to all expectant mothers.

It contains bodysuits, a sleeping bag, outdoor gear, bathing products for the baby, as well as nappies, bedding and a small mattress.

With the mattress in the bottom, the box becomes a baby's first bed. Many children, from all social backgrounds, have their first naps within the safety of the box's four cardboard walls.

Mothers have a choice between taking the box, or a cash grant, currently set at 140 euros, but 95% opt for the box as it's worth much more.

The tradition dates back to 1938. To begin with, the scheme was only available to families on low incomes, but that changed in 1949.

"Not only was it offered to all mothers-to-be but new legislation meant in order to get the grant, or maternity box, they had to visit a doctor or municipal pre-natal clinic before their fourth month of pregnancy," says Heidi Liesivesi, who works at Kela - the Social Insurance Institution of Finland.

So the box provided mothers with what they needed to look after their baby, but it also helped steer pregnant women into the arms of the doctors and nurses of Finland's nascent welfare state.

In the 1930s Finland was a poor country and infant mortality was high - 65 out of 1,000 babies died. But the figures improved rapidly in the decades that followed.

Mika Gissler, a professor at the National Institute for Health and Welfare in Helsinki, gives several reasons for this - the maternity box and pre-natal care for all women in the 1940s, followed in the 60s by a national health insurance system and the central hospital network.

Contents of the box

- Mattress, mattress cover, undersheet, duvet cover, blanket, sleeping bag/quilt
- Box itself doubles as a crib
- Snowsuit, hat, insulated mittens and booties
- Light hooded suit and knitted overalls
- Socks and mittens, knitted hat and balaclava
- Bodysuits, romper suits and leggings in unisex colours and patterns
- Hooded bath towel, nail scissors, hairbrush, toothbrush, bath thermometer, nappy cream, wash cloth
- Cloth nappy set and muslin squares
- Picture book and teething toy
- Bra pads, condoms

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The contents of the box have changed a good deal over the years, reflecting changing times.

During the 30s and 40s, it contained fabric because mothers were accustomed to making the baby's clothes.

But during World War II, flannel and plain-weave cotton were needed by the Defence Ministry, so some of the material was replaced by

paper bed sheets and swaddling cloth.

The 50s saw an increase in the number of ready-made clothes, and in the 60s and 70s these began to be made from new stretchy fabrics.

In 1968 a sleeping bag appeared, and the following year disposable nappies featured for the first time.

Not for long. At the turn of the century, the cloth nappies were back in and the disposable variety were out, having fallen out of favour on environmental grounds.

Encouraging good parenting has been part of the maternity box policy all along.

"Babies used to sleep in the same bed as their parents and it was recommended that they stop," says Panu Pulma, professor in Finnish and Nordic History at the University of Helsinki. "Including the box as a bed meant people started to let their babies sleep separately from them."

At a certain point, baby bottles and dummies were removed to promote breastfeeding.

"One of the main goals of the whole system was to get women to breastfeed more," Pulma says. And, he adds, "It's happened."

He also thinks including a picture book has had a positive effect, encouraging children to handle books, and, one day, to read.

And in addition to all this, Pulma says, the box is a symbol. A symbol of the idea of equality, and of the importance of children

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More about Finland's family and child care policy and programs:

Family-friendly Finland ^[3], Government of Finland

Early childhood education in Finland ^[4], National Research and Development Centre for Welfare and Health STAKES, 2008.

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