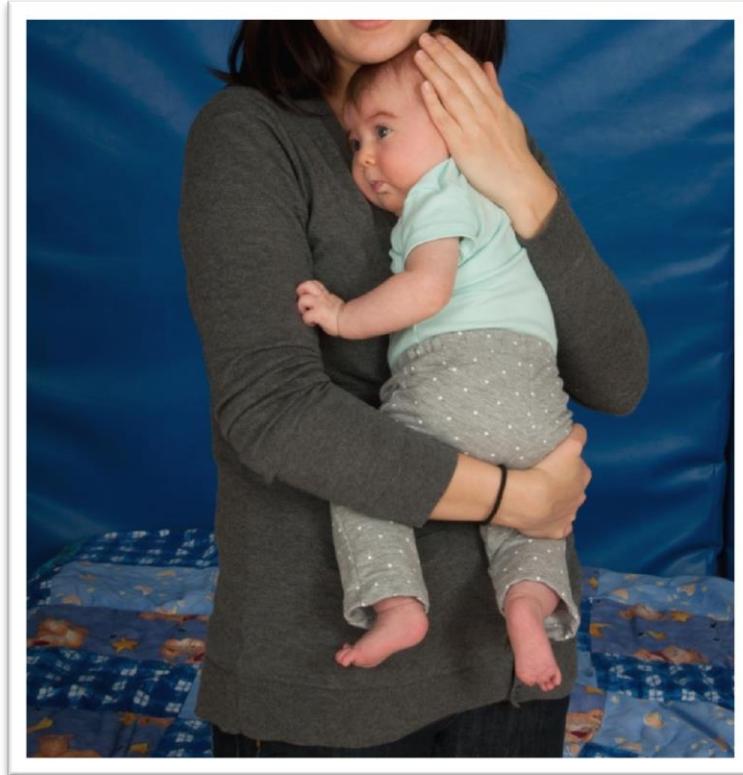




## Left Torticollis



- Hold your baby against your chest, facing you. Turn your baby's head to the LEFT.
- Place your hand on the back of your baby's head and gently help the baby to turn farther.
- You could also try this stretch with your baby lying on their tummy on the floor.

Gently hold this stretch for at least 30 seconds, or as long as your baby tolerates. This can be up to a few minutes at a time.

If your baby is not relaxed, take a break and try again a few more times.

Repeat this stretch 5-6 times per day, making it part of your baby's routine.