



# Head Shape and Tummy Time

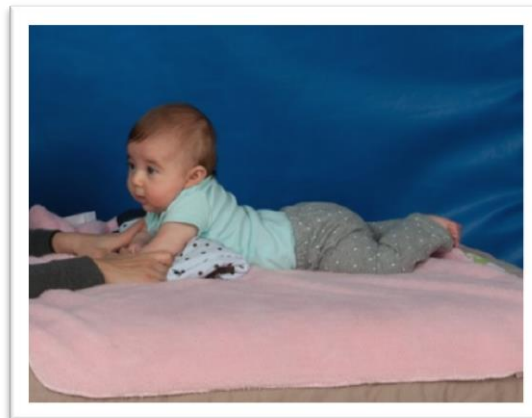
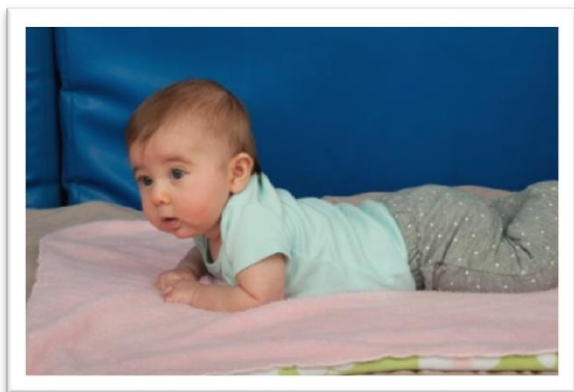
**Plagiocephaly** is a flattening of one side of the skull that usually occurs when a baby keeps his or her head turned to one side more than the other. A baby's skull is very soft and can be affected by pressure. It is important to place your baby in a variety of positions to prevent a flat spot from forming, or to help a flat spot improve.

## Back to sleep:

Your baby needs to sleep on his or her back. Turn your baby's head a different way each time you lay your baby down. It may be easier to turn your baby's head once they are asleep.

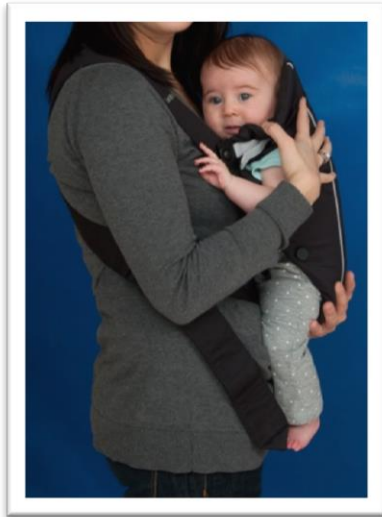
## Tummy to play:

Babies should do 30-60 minutes of tummy time throughout the day. Tummy time will help babies to get stronger and keep pressure off the skull.

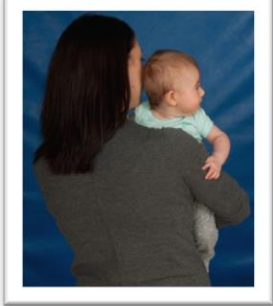
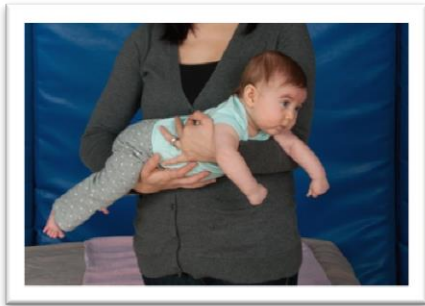


Lay your baby on his or her side to play. Place toys where he or she can see and reach for them. Change sides regularly. If your baby has a flat spot on the **RIGHT** side of their head, lay them on the **LEFT** side more often.

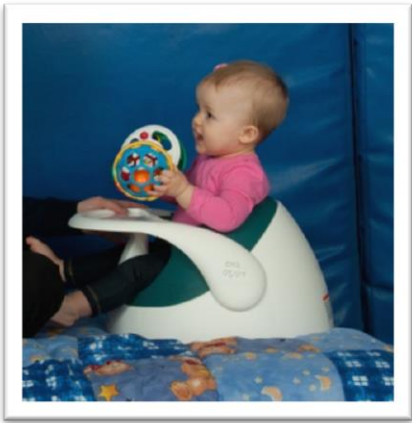
**Other positions:**



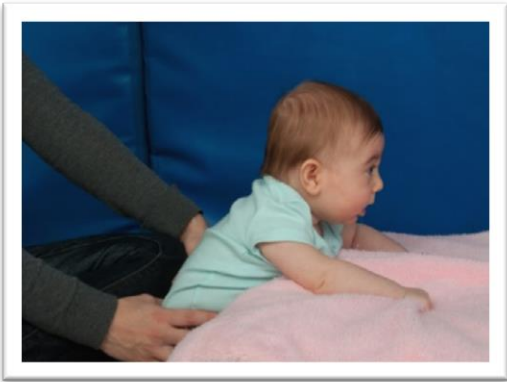
Hold your baby in an upright position, either in your arms or in a baby carrier. Limit the time your baby spends in the car seat, swing or bouncy seat.



Have your baby sit upright in a variety of positions.



Try to always reposition your baby so they are not resting on the flat spot



Physiotherapist: \_\_\_\_\_  
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