



## Left Torticollis



- With your baby on his or her back, place your hand on the RIGHT side of your baby's head.
- Gently turn your baby's head to the LEFT. Use your other hand to make sure your baby's shoulders stay flat on the surface.
- You could also try to start with your baby lying on his or her LEFT side. Slowly roll your baby onto their back, while keeping the head turned to the LEFT.

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.