



# Helping bub tilt their head left

Plagiocephaly (play-gee-oh-kef-a-lee) is a flat or uneven head shape. It happens when bub keeps their head in the same position looking to one side only.

### For babies under than 3 months

When bub is awake put them on their tummy so they can learn to lift their head. This helps to make bub's head rounder.

#### When picking bub up

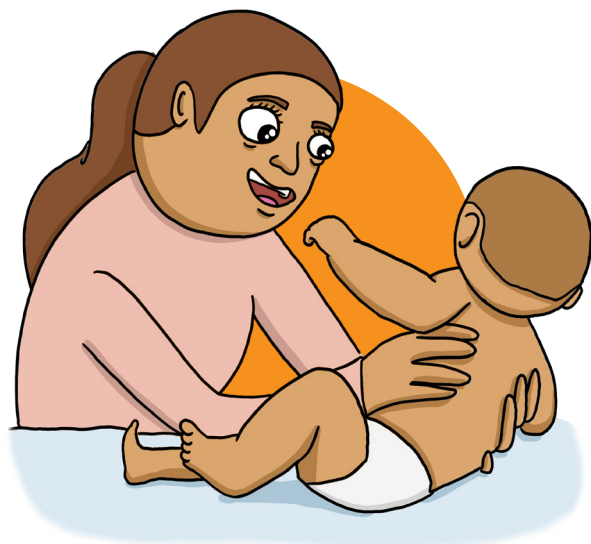
- **Roll** them to their **right** side and **slowly lift** them up.
- This will strengthen the muscles on the left side.
- Stop **halfway** and **hold** them in this spot to strengthen the muscles even more.

### For babies older than 3 months

When bub is awake put them on their tummy so they can learn to lift their head. This helps to make bub's head rounder.

#### When bub is happy and playful

- Sit bub on your lap, looking at you.
- Slowly tip bub a little to their right side.
- **Stay in this spot for about 10–20 seconds, wait for their head to move to an upright/ straight position.**
- **Then hold bub upright again.**
- Try to do this **activity 3–5 times**, pick times when bub is more settled.





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