



Helping bub tilt their head right

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 **left side** and **slowly lift** them up.

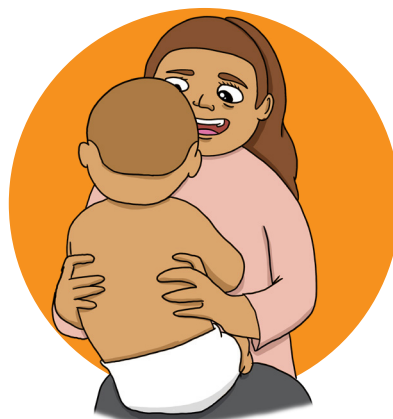
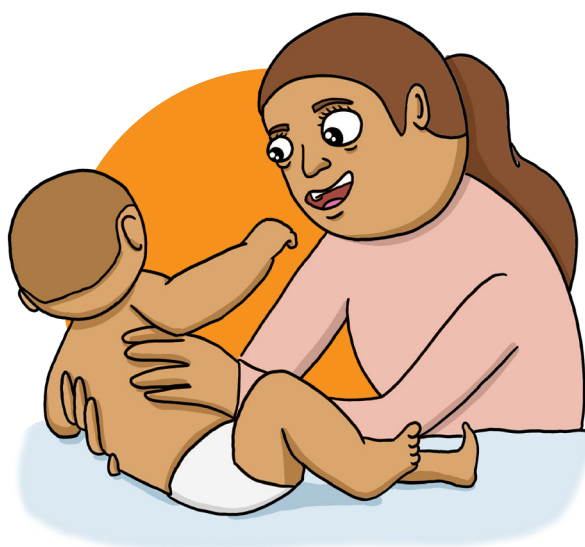
- This will strengthen the muscles on the left side.
- Stop **halfway** and **hold** them in this spot, it will strengthen the muscles even more.

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 left side.
- **Stay in this spot for about 10–20 seconds, wait for their head to move upright/ straight position.**
- **Then hold bub upright again.**
- **Repeat this 3 to 5 times, pick times when bub is more settled.**





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