

**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, when sleeping on their back.

### Stretches to help bub's head turn left

- Bub may get **a bit upset** when doing the stretches, **stop and try again later**.
- **Before stretching**, always roll bub to **their left side**, get them to look at you.
- Help keep their head facing you to the right, while you roll them onto their back.

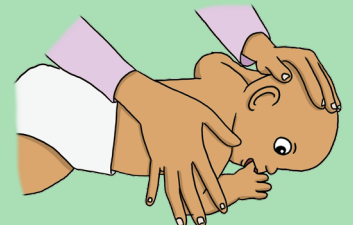
#### When bub is on their back, awake and playful:

- Gently hold bub's left shoulder down with your left hand.
- Get her to turn to the left to look at you.
- Gently hold her head to the left with your left hand.
- Try to hold the stretch for \_\_\_\_\_ seconds.



#### When bub is on their tummy:

- Gently turn **their** head to the left as far as possible.
- Gently hold **their** head with your left hand and place your right hand on baby's left shoulder to keep it flat.
- Try to hold the stretch for \_\_\_\_\_ seconds, as long as **bub will let you**. Repeat \_\_\_\_\_ times.
- Try do this activity **3–5 times**, when you and bub have time.



#### When holding or carrying bub:

- Get them to turn their head to the left.
- Let bub rest their head on your chest, then hold their head in place with your hand.
- This position is good to use when bub is sleepy.
- Try to hold the stretch for \_\_\_\_\_ seconds.



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Child and Adolescent Health Service

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