



Muscle stretches to help bub's head tilt 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.

Here are some tips to help bub strengthen their neck muscles to move their head to the left.

When bub is on their back, such as on the floor during play, or on the change table:



1. Gently hold bub's right shoulder down with your left hand.

2. Put your right hand around the right side of bub's head.

3. Slowly tilt bub's head as far as possible, so the left ear is moving toward their left shoulder.

4. Try to hold the stretch for **30 seconds**, as long as bub is not upset. **Repeat 3 times.**

5. Try to do this activity **3–5 times a day**. Pick times when bub is more settled.

While standing in front of a mirror or when bub is looking at something interesting:



1. Hold bub on your left arm.

2. Hold their right shoulder down with your left hand.

3. With your right hand, hold their head around the ear and slowly tilt their head, so the left ear is moving toward their left shoulder.

4. Try to hold the stretch for **30 seconds**, as long as bub is not upset. **Repeat 3 times.**

5. Try to do this activity **3–5 times a day**. Pick times when bub is more settled.



Government of **Western Australia**
Child and Adolescent Health Service

Child and Adolescent Health Service
15 Hospital Avenue, Nedlands, WA, 6009.
Telephone: (08) 6456 2222
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