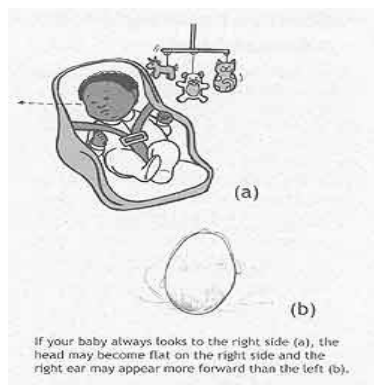


## BABY FLAT HEAD

If your baby is spending too much time in one position, they can develop a flat head also known as “plagiocephaly”. This does not affect your baby’s brain development but can affect their appearance by causing their head and face to develop unevenly.

A baby’s head is still soft and easy to mold until about 1 year of age. If your baby prefers to look in one direction, is always on their back or spends a lot of time in a seat, they can develop a flat spot due to the constant pressure on one part of the skull.



You can prevent or improve flat head by changing your baby's position often throughout the day.

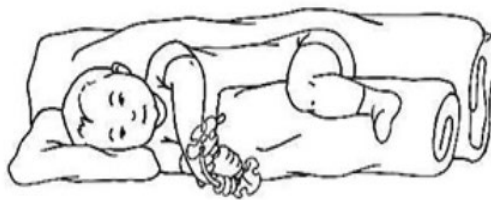
Lots of "tummy time", while your baby is awake helps them develop good neck and upper body strength. Use a firm play surface such as a carpeted floor or activity mat on the floor. Placing a rolled up towel under your baby’s chest, at the armpit area, will help give your baby support and will assist your baby to lift their head.



You can also place your baby on your chest to encourage tummy time. Have them raise their head to look at your face. This will help to develop their neck and upper body muscles.



Playing in a side lying position can also be encouraged. Use a firm, rolled up towel or blanket behind their back to help keep them in place.



My baby looks in only one direction. What should I do?

Many babies prefer to look in one direction when they are lying on their backs. This is called **positional preference**. Encourage them to look to the less-preferred side until they can look equally in both directions.

Here are some things you can do:

- Use mobiles or brightly coloured toys to encourage your baby to look in the less-preferred direction.



- If your baby's crib is against the wall, put your baby at opposite ends of the crib each night. Babies prefer to look out into the room.
- If your baby's crib is not against a wall, move a brightly coloured crib-safe toy to encourage your baby to look in a different direction each night.
- When awake, your baby should spend some time on their tummy with your supervision and have them face the less-preferred side.
- If your baby continues to demonstrate a head preference and/or the shape of their head is not improving, consult with your Health Care Provider to learn about other treatment options.