



Helping bub turn their head left

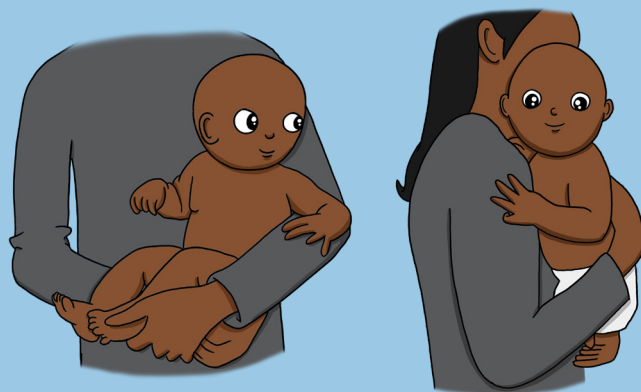
(play-gee-oh-kef-a-lee)

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.

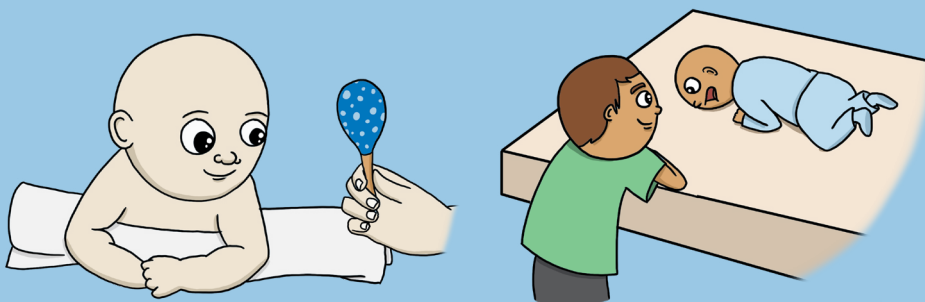
As often as possible during the day:

- Hold and carry bub in different ways.



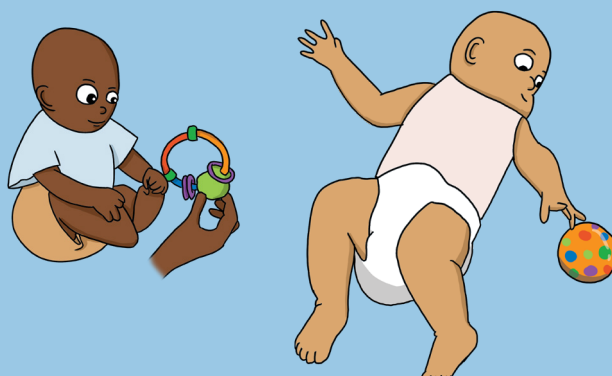
During play time:

- Put bub on their tummy.
- Get them to look at toys, books or your face to the left side and in the middle.



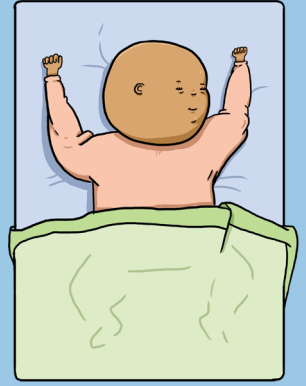
When bub is playing on the floor:

- Put some toys on their left side.
- Get them to turn their head to the left.



When bub sleeping:

- Don't wake bub up, gently turn their head to the left.



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Child and Adolescent Health Service

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