



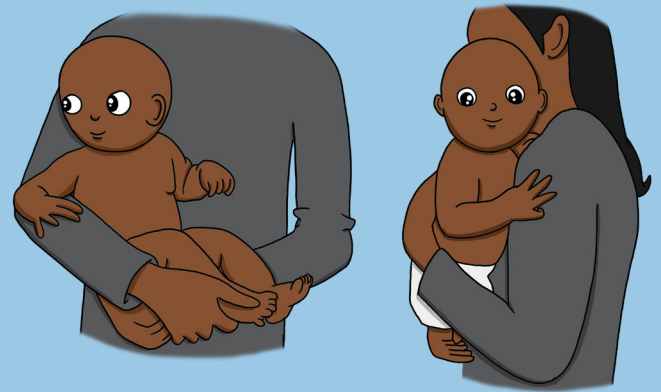
Helping bub turn their head right

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.

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

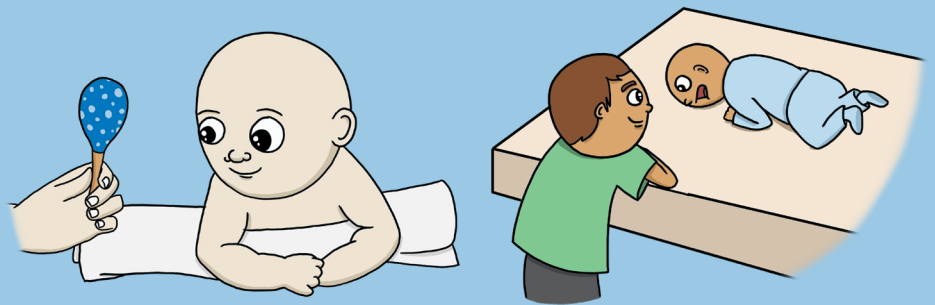
As often as possible during the day:

- Hold and carry bub in different way.



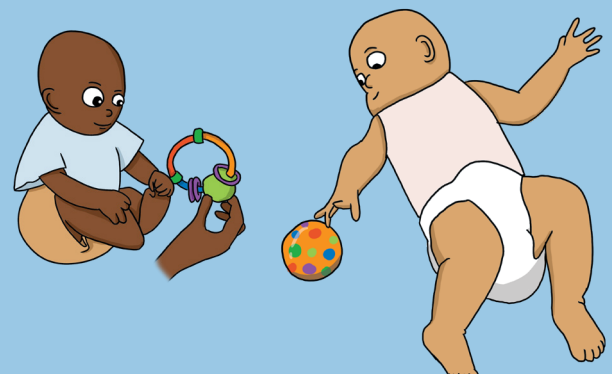
During play time:

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



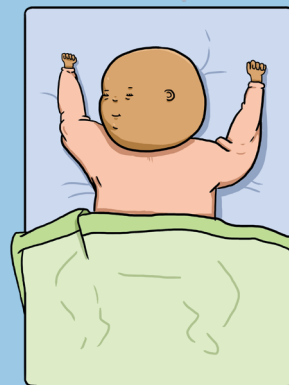
When bub is playing on the floor:

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



When bub is sleeping on their back:

- If possible, without waking bub up, gently turn their head to the right.



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

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