

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 right

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

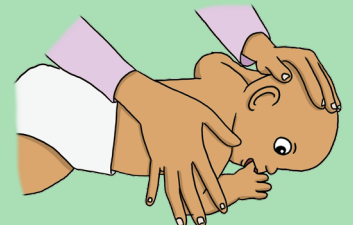
When bub is on their back, awake and playful:

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



When bub is on their tummy:

- Gently turn **their** head to the right as far as possible.
- Gently hold **their** head with your left hand and place your right hand on baby's right 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 right.
- 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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