

What is Plagiocephaly

Terms

Plagiocephaly: uneven or asymmetrical head shape.

It is very common for babies to have an uneven head shape at birth. This can be caused by moulding of the head during pregnancy and/or birth. The uneven shape usually corrects during the first 6 weeks

Torticollis: tightness in muscles on one side of the neck.

The tight muscles in the neck can make it hard for the baby to turn his/her head to one side. The baby may have difficulty turning to attach to the breast.

Contacts

If you are concerned about your baby's head shape please talk to your baby's Maternal and Child Health Nurse, GP or Paediatrician.



LOOKING AFTER YOUR BABY'S HEAD & HIPS



Fact Sheet

'Tummy for Play' 'Back for Sleep'

The Geelong Hospital Paediatric Orthopaedic /Paediatric Physiotherapy Unit

Babies sometimes turn their heads more to one side than the other when lying on their stomach or back.

It is important for your baby to be encouraged to turn his/her head equally to both sides to prevent development of:

- * **Muscle tightness**
- * **Hip problems**
- * **Flattening of the head on one side**



Sleep Time

Babies should be positioned on their backs for sleep

Change your baby's position in the cot regularly so that his/her head is at the opposite end on the cot regularly.

Approach the cot from different sides each day to pick up your baby.

Your baby may turn towards the light or sound from windows and doors. Change the position of the cot in your baby's room regularly.

Change the position of toys, mobiles or pictures in or around the room.

Bath Time

Place baby on their tummy on a towel when drying after a bath

All these positions pictured in the photos can be used to settle your child.

Playtimes

Encourage your baby to turn their head by talking to them from different sides. Your baby will want to look at your face!

Position your baby on their tummy or side. Stay with your baby while trying these positions.

Change the position of toys and mobiles in your baby's play area.

Approach the play area from different sides to pick up the baby.

Try to carry your baby in different positions to give baby different views of the world.

Use the Infant car restraint only for car travel

