

WHAT IS IT?

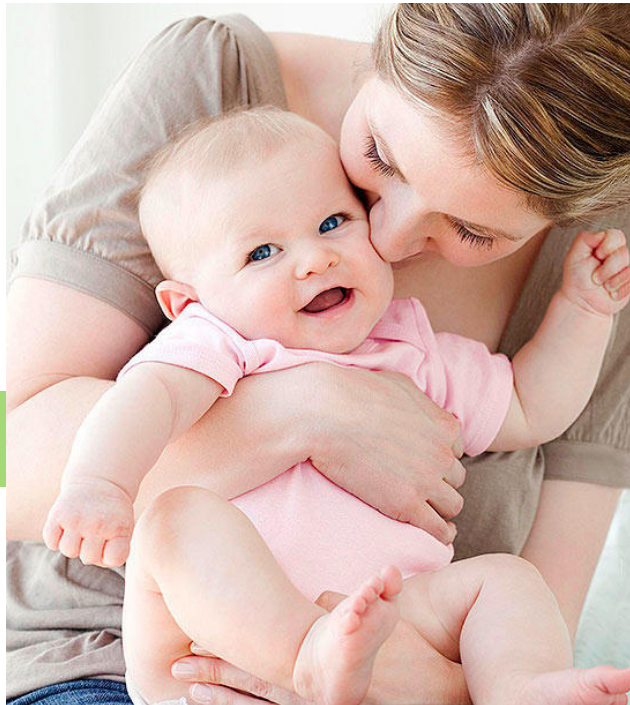
Plagiocephaly is when a baby's head has a flattened appearance or is misshapen.

Torticollis is when the muscles on one side of the neck are shortened, causing the baby to look down and/or to 1 side. It is often seen with plagiocephaly



When to see your baby's doctor:

Peak occurrence of plagiocephaly happens when your baby is about 4-months old, so it is important to regularly check your baby's head for unevenness. To do this, look down over the top of the baby's head. Look for flattening on back, side, or front of head, lack of hair in one spot, uneven ears, and uneven facial features. If you think there is a flat area on your baby's head, you can monitor it by taking photos. If the spot shows no change or worsens over a couple of weeks, contact your doctor.



PLAGIOCEPHALY AND TORTICOLLIS



Does prevention & early intervention work?

Yes! Research shows that parents using techniques as early as 2-weeks old can help prevent and treat occurrence of the two conditions.

Video Resource:

<https://www.youtube.com/watch?v=5GxncbWmwyE>

PREVENTION AND
EARLY INTERVENTION

HOW CAN I HELP MY BABY?

You can use some of the following strategies at home to help and prevent any flattening or side preferences

How to switch positions:

Move your baby from one arm to the other.

Change direction they are facing in crib or changing table.

Use football hold during feeding.

When should I start?

Prevention strategies can be used as early as when your baby is 2 weeks old!



The number one way to help prevent plagiocephaly is TUMMY TIME!



1 Tummy Time

Think of the phrase "Back to sleep, tummy to play."

You can progress tummy time by:

- Lying baby on top of you while leaning back or lying down
- Putting them on Bobby Pillow or rolled blankets/towels/wash cloths

While in tummy time:

- Put toys in arch around your baby
- Get on the floor with them and interact
- Use toys with lights, sounds, mirrors

Always roll in & out of tummy time, If they start crying, roll them on their back before picking them up so they do not learn to cry to get out of practicing.

2 Repositioning

Encourage your baby to look at both directions by:

- Switching feeding and diaper changing positions
- Change where toys are in front of your baby
- Minimize time your baby is in a car seat, baby carrier, baby swing, etc.
- Hold your baby in a supported sitting position
- Change baby's head positions when you place them down to sleep
- Place a mobile above the crib to encourage head movement

How often should I put my baby in these positions?

As often as you can and your baby will tolerate! Start slow, putting your baby into new positions for a few seconds/minutes at a time, increasing to 15 minutes several times a day and longer with a total goal of 45-60 minutes. Your baby should enjoy being in these positions, and it may take time to build up their endurance to strengthen muscles and overall development.