

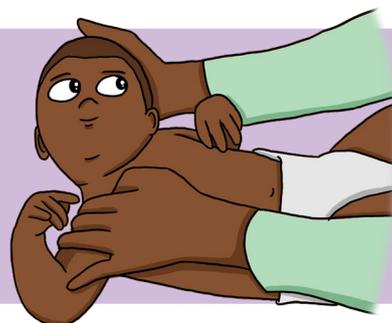


Muscle stretches to help bub's head tilt right

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.

When bub is on their back, such as on the floor during play, or on the change table:



1. Gently hold bub's right shoulder down with your right hand.

2. Put your right hand around the left side of bub's head.

3. Slowly tilt their head as far as possible, so the right ear is moving toward their left shoulder.

4. Try to hold the stretch for **30 seconds**, as long as bub is not upset. **Repeat 3 times.**

5. Try to do this activity **3–5 times a day**. Pick times when bub is more settled.

While standing in front of a mirror or when bub is looking at something interesting:



1. Hold bub on your right arm.

2. Hold their right shoulder down with your right hand.

3. With your right hand, hold bub's head around the ear and slowly tilt their head, so the right ear is moving toward their right shoulder.

4. Try to hold the stretch for **30 seconds**, as long as bub is not upset. **Repeat 3 times.**

5. Try to do this activity **3–5 times a day**. Pick times when bub is more settled.



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