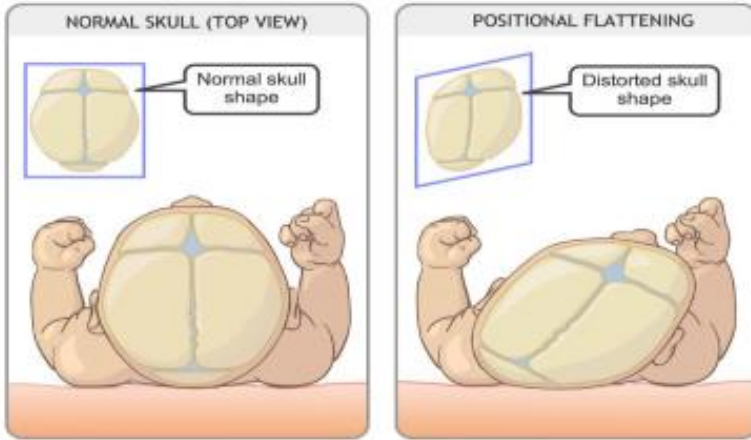


# Positioning Techniques for your Baby's Flat Head



## Understanding the Flat Spot on your Baby's Head

Up until 12 months of age, your baby's head is very soft. This can cause a part of your baby's head to become flat if they only like to look in one direction or spend a long time on their back. The positioning techniques listed below are a safe and great way to help with the flat spot on your baby's head

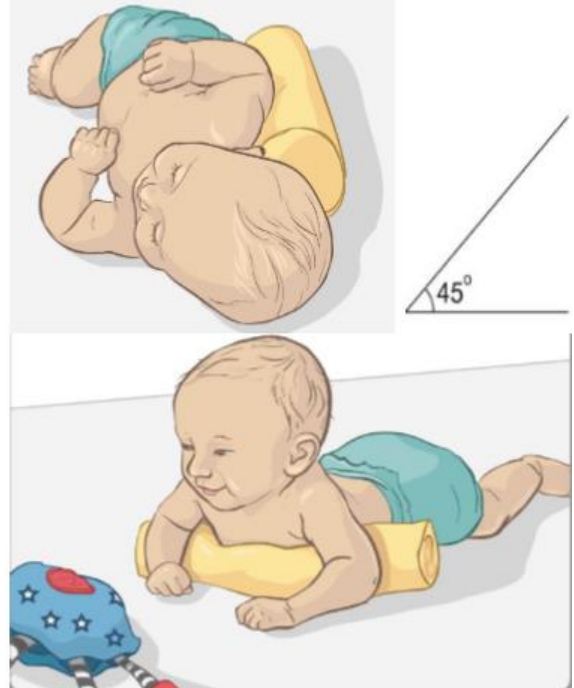
## How you can help

### Positioning

- ✓ Turn your baby on a 45-degree angle using a crib roll or blanket to take pressure off the flat spot on their head
- ✓ Infants less than 6 months of age who have not yet learned to roll.
- ✓ Should be used when you are awake and able to monitor your baby
- ✓ Use in bouncy chairs and infant seats

### Tummy Time

- ✓ Time spent on the tummy can help with the flat spot on your baby's head
- ✓ Place a roll underneath your baby's shoulders and prop their arms forward.
- ✓ Try lying on your back and placing your baby on your chest so that they have to lift their head to look at you
- ✓ Use a favourite toy, a mirror or yourself to make tummy time fun!
- ✓ Slowly increase your baby's tummy time during awake hours to 1 hour each day.



## More Safe Tips for your Baby!

- ✓ Try to limit the time your baby is in a car seat, infant seat, bouncy chair or swing.
- ✓ Place toys to the opposite side your baby likes to look to. This will encourage them to turn their head the other way.

Check out Niagara Children's Centre tummy time video at:

<https://www.youtube.com/watch?v=mrdNw2rkTnA>