

Positioning for Play

Tummy Lying—While babies are awake and supervised, tummy lying should be started **from birth** to develop neck muscles. Even a few moments at a time will help babies to become comfortable in this position.

Face to face time is important. Enjoy tummy time together by getting down to your infant's level or by holding your infant tummy to tummy.



Photos from: <http://www.minnesotaparent.com> / <http://mumsgrapevine.com>.

Place toys around your infant to promote head turning. This can be done while in tummy time and while infants are on their backs.



Photo from: <http://www.hmhb.org>

Back Lying- Encourage babies to hold their heads in the middle by the use of overhead toys and mobiles. Encourage them to turn to both the left and right.

Sitting- While babies are awake they should **not** be sitting in one position for **more than an hour**. Infants, like children, need to have opportunity to move and be active (Canadian Pediatric Society).

Remember! Back to Sleep, Tummy to Play



We can help!

If you believe your baby may be developing plagiocephaly or a torticollis, contact us.

Parent referrals welcome



Physiotherapy Department
705-748-2337 ext. 100
Toll free-1-888-779-9916 ext. 100

Positioning Your Baby for Sleep and Play

Identification and Prevention of Torticollis and Plagiocephaly



Parent Information for
Healthy Newborns



What is Torticollis & Plagiocephaly?

The Canadian Pediatric Society recommends that normal healthy infants sleep on their backs to reduce the risk of Sudden Infant Death Syndrome (SIDS).

However, there are some side effects to infants sleeping on their backs. One of the side effects may be **Torticollis** (wry neck) and the other is **Positional Plagiocephaly** (flattened head).

Both of these can easily be prevented with careful positioning of your baby during both sleep and play.

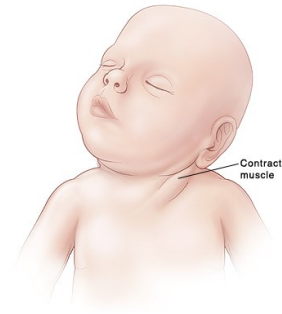
Photo from: <http://www.hmhb.org>



Tummy To Play

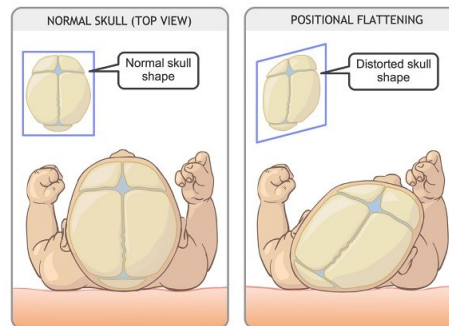
Torticollis or “wry neck”

A condition in which the infant’s head is consistently turned/tilted to one side because of tightness of a neck muscle.



Plagiocephaly “flattened head”

Pressure over one area of the skull can prevent even growth and shaping of the infant’s head. As the skull flattens on that side, the baby may find it even more difficult to lie with the head turned the other way.



Photos from: About Kids Health

What to watch for?

- Always looking to one side or head tilted to one side.
- A flat spot on the side or back of the head.
- Difficulty breastfeeding on one side.

Positioning for Sleep

While baby is sleeping on his/her back, parents should ensure that an equal amount of time is spent with the head turned to either side.

Change your baby’s position in the crib so he/she will turn his/her head in both directions when you come into the room.



Photo from: <http://sleeptightsolutions.com>

**Torticollis and plagiocephaly often happen together,
one leading to the other.**