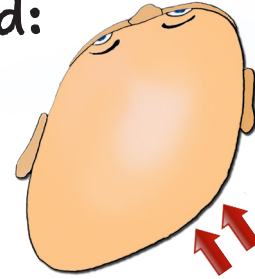


Prevent Flattening of your Baby's Head:

*P*ositional Molding, "Flattened Head", or *Plagiocephaly* has become more common now that babies sleep on their backs. The plates of the skull are not fused at birth. When an infant consistently rests his head in only one position, gravity will shift the plates and cause flattening. Once one side is flattened, a baby will prefer to sleep on that side making the problem worse.



Alternate the position of your baby's head during sleep (some nights facing right and some nights facing left). Alternate the position of the infant in the crib to vary how they look out to their room. If one side becomes flattened, try to place the rounded side against the mattress. Most importantly, encourage tummy time while the baby is awake. Any tightness in the neck can be treated with exercises.

Mild head flattening will not be noticeable when the baby gets older. Helmets are recommended only for severe flattening and do no better than tummy time for most babies.