

All of our Therapists have a degree or equivalent in Occupational Therapy or Physiotherapy, some to Masters level. All our therapists are registered with the Health Professions Council and receive regular post graduate training.

Our service is founded in evidence-based practice and is benchmarked against other local services and best practice groups.

We continue to review our service to make sure that it meets the needs of those who are using it.

We would appreciate any suggestions on how we may improve and also comments on what was good about the service.

If you have any compliments, suggestions or complaints, please write to or contact:

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Plagiocephaly and Head Turning Preference to the Right Treatment Leaflet



Your baby will benefit from any time that avoids their head turned to the right.

Environmental adaptations:

- Turn your baby's cot so they have to look to the left to see you approach.
- Put interesting cot toys or a mobile on your babies left side to encourage them to look that way. When you put your baby on the floor think which way he will turn to see the TV, window or lights. Try to position them so all these stimuli are on the left.
- Try turning your baby's head to the left when they are asleep. They may turn it back but any time spent with their head to the left is helpful.
- Set aside time every day to actively play with your baby on their tummy. Encourage them to look up and to the left. Make sure their elbows are under their shoulders so they can prop themselves up. If they are struggling, you can put a rolled towel under their chest to help.
- Try not to use a car seat for anything apart from being in the car. You can roll up a small towel to put behind the head hugger on the right to prevent your baby resting with their head on the right and more in the middle.
- Try putting your baby on their left side when they are awake, you may need to place a cushion behind to stop them rolling back.
- When holding your baby against your shoulder put them on your right as they will turn to the left to look around and your cheek will prevent them turning to the right.
- If your baby is bottle fed, hold them with their head on your right arm and encourage them to look round to the left for their bottle and to see you.

Stretches:

In babies where there is muscle shortening, you may notice that your baby lies with their head tilted to one side and rotated to the other. The stretches below aim to address both these difficulties. These should be completed at least 3 times per day and held for 15 seconds each.



Place your right hand on your baby's right shoulder. Cup your baby's head with your left hand. Slowly turn your baby's nose to their left shoulder.

Hold your baby's left shoulder down with your right hand. Cup your baby's head with your left hand. Slowly take your baby's right ear down towards their right shoulder.



Carry your child in a side lying position with your baby's left ear resting against your left forearm, as pictured. Grasp your baby's left shoulder with your right hand to support.