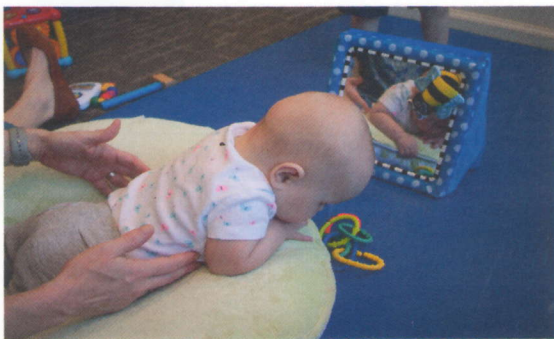


Enhancing skills and symmetry for your baby

During the first few months of development, your baby's head is soft and they do not have full head control. A flattened area on their skull may develop if they rest in one position for too long. Use these simple strategies at home to work on their skills and symmetry.

Ways to Play

Toys that are easy to hold, make noise, or light up will help engage your baby. Placing toys in many positions and using mirrors for your baby to see themselves are helpful strategies.



On back: Work on turning head to right and left sides. Your baby can practice reaching and kicking their legs.

On tummy: Spend 30 minutes per day with support as needed. This will help with neck/upper body strength as well as head shape.



Sitting up: Reduces the time spent resting on their head and helps develop neck/trunk control.



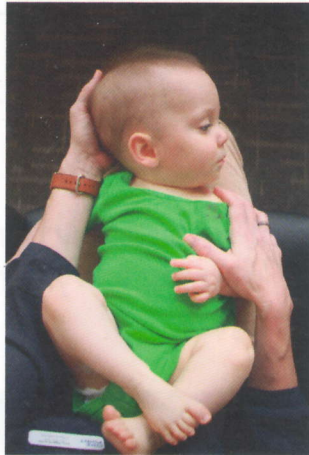
On side: Helps get your baby off a flattened area and facilitates playing with both hands/rolling.



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If your baby tends to keep their head tilted left (left ear towards left shoulder) and/or turned right (chin towards right shoulder).

Work on turning head LEFT

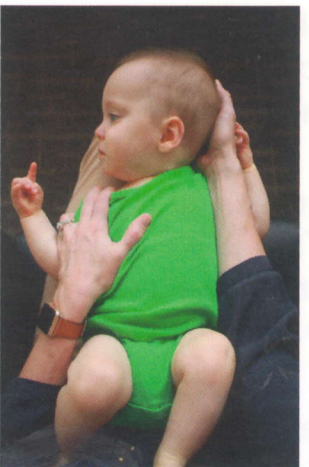


Work on tilting head RIGHT

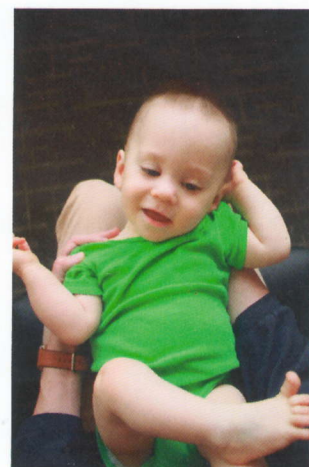


If your baby tends to keep their head tilted right (right ear towards right shoulder) and turned left (chin towards left shoulder).

Work on turning head RIGHT



Work on tilting head LEFT



Perform stretches gently 4-5 x per day for 30-60 second holds.

Talk with your provider if you have any questions or concerns. An evaluation by a physical therapist may be recommended for specific activities and education.

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