

Plagiocephaly Key Points



Infants' heads are soft; increased pressure on one area causes flattening.



Plagiocephaly does not affect brain development.



Time spent with no pressure on the flat area
= time the head is slowly getting rounder



It's still recommended to put your baby on their back to sleep, even with plagiocephaly.



Limit time in containers when possible.



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Beyond challenges—the sky's the limit

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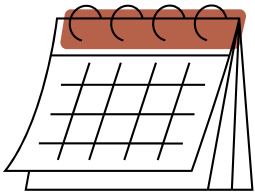
Aim to do tummy time multiple times each day.



Try sidelying play on the side opposite the flat spot.



Try holding/carrying your baby in positions that don't put pressure on their flat spot.



Plagiocephaly treatment is focused during babies' first 12 months, when their heads are growing and changing a lot.



Helmet therapy is sometimes a good treatment option - best to discuss with your physiotherapist.



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