

Tips To Follow To Prevent Flat Head Syndrome



Tummy time

Allow your baby to lie on the stomach only when they are awake. It helps strengthen the neck muscles as they lift their head and push their arms.



Baby position

Position your baby in the crib so that they can turn their head from right to left or left to right.



Limit the pressure

Newborns sleep a lot. Limit their time lying on a flat surface when they are awake. You can hold the baby for some time or practice tummy time.



Change the head

If your baby is sleeping on the flat side of the head, position the head to the rounded side even when sleeping.



Reference

1. 4 Ways to Help Prevent Your Baby from Having a Flat Head; Scripps Health