

# REPOSITIONING FOR INFANTS WITH A LEFT HEAD TURN

Repositioning is a conservative method of positioning your infant's head in a manner that can potentially improve the shape of the skull and stretch the neck muscles. Below are a variety of repositioning techniques:

## ASLEEP TIME



Once your child falls asleep, make sure his/her head is turned to the right. If it is not, then manually turn his/her head. After 15 minutes, check again and reposition if necessary. Repeat this process 3 or 4 times per night. The goal is to have your infant sleep with his/her head turned to the right.



Roll up a small blanket or towel and place it in between the mattress and the springs of the crib, under the left side of your child. The goal is to create a 5-10 degree wedge to help promote a right headturn.

## AWAKE TIME



When on your lap, the child should be sitting on your right leg, with his/her left arm tucked between your torso and your right arm.



In addition to Tummy Time, you can carry your child in a face-down position, with his/her left cheek against your left arm to promote a right head turn.



When burping or carrying your child, hold him/her over your left shoulder, and make sure you are cheek-to-cheek to encourage your child to look to the right.



When your child is in the car seat, roll up a receiving blanket behind your child's left shoulder and torso to prop your child toward the right. \*This is only for when carrying your child in the car seat; make sure to remove the receiving blanket while the car is in motion\*



If your child likes to raise their left shoulder, or tilts their head towards their left shoulder, this is a good carry to work on pushing down on the left shoulder.



When playing with your child on his/her tummy, place interesting toys on his/her right side and sit on that side.