

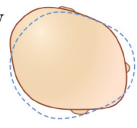
Head Shape Concerns

Roughly one out of five children develops some kind of head shape abnormality during infancy. In moderate or severe cases, cranial remolding therapy is often recommended to correct these abnormalities and ensure proper head growth.

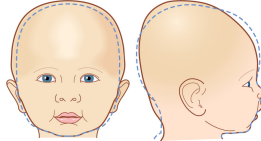
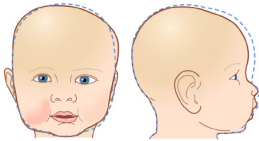
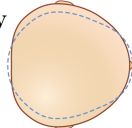
If you notice that your baby's head shape is asymmetrical, consult your primary care provider to determine if you should visit a cranial remolding specialist for an evaluation.

The head shapes below are the main types that often warrant evaluation:

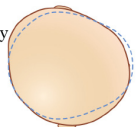
Plagiocephaly



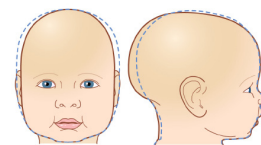
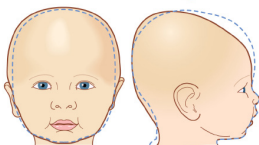
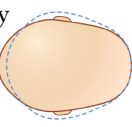
Brachycephaly



Combination
Brachyplagiocephaly



Scaphocephaly



UTHealthsa.org/cranialremolding

UT Health Cranial Remolding Program

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A Beginner's Guide to Tummy Time



UT Health Cranial Remolding Program



Back to Sleep, Tummy to Play, as recommended by the American Academy of Pediatrics



It is important to integrate Tummy-Time into your baby's day while diapering, carrying, feeding, and playing.

Tummy-Time helps babies exercise muscles in their neck, shoulders, and trunk. These are the muscles they need to roll

over, sit up, pull, and crawl. Exercising these muscles prevents tightness in the neck and keeps their heads from flattening. When babies spend an excessive amount of time on their backs, flattening can occur and lead to the development of plagiocephaly (plah-jee-o-sef-oh-lee), a common condition also known as "Flat Head Syndrome." Practicing Tummy-Time and using repositioning techniques can help prevent this outcome.

- For new borns, begin Tummy-Time two or three times a day for a few minutes.
- As your baby gets used to Tummy-Time, increase the frequency and length of time – aim towards an hour a day by 3 months.
- Join your baby on the floor – make it a special time for bonding. Sing, play peekaboo, make silly faces.
- Try massaging your baby while he's on his tummy.
- Enjoy this time with your baby and always begin at his happiest time.

Make Tummy Time Fun!

Tummy Time should begin as soon as your baby comes home from the hospital.

Face The Fun Play

Eye to eye contact is a great way to keep those neck muscles stretched.



Over the Shoulder Carry

Hold baby over your shoulder while gently supporting his head. Remember to switch sides.



Mirror Play

Babies love looking at human faces. Let baby look at his own reflection.



Carrier Side Cushioning

Use a rolled-up blanket to cushion and support your baby's head. Alternate each side.



Carrier Back Cushioning

Use a rolled-up blanket to cushion and support the back of your baby's head.

Face Away Carry

Slide one hand between baby's legs and stomach. Use other hand to support baby's head and neck. Nestle baby close to you for comfort and support.



Reach & Roll

Motivate your baby to reach and rotate to get toys.



Airplane Carry

Slide one hand between baby's legs and stomach. Use other hand to support chest.



Tummy To Tummy

Place baby on chest or tummy so that they are face-to-face with you. Lay down flat or propped up on pillows. Always hold baby firmly for safety.

