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

**UT Health Cranial Remolding Program**

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For more information contact 210-450-9064
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 (pl-ag-ee-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!