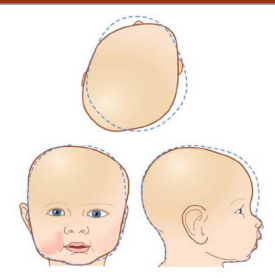


HEAD SHAPE CONCERNS

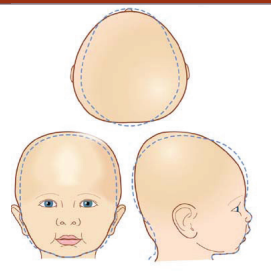
Roughly one out of five children develop some type of head shape abnormality during infancy. The most common forms of these conditions are frequently attributed to plagiocephaly and craniosynostosis. With early intervention, these are highly treatable.

If you notice that your baby's head shape is asymmetrical consult your primary care provider to determine if you should visit our specialists at the UT Cranial Remolding Program for an evaluation. The head shapes below are the main types that warrant an evaluation:

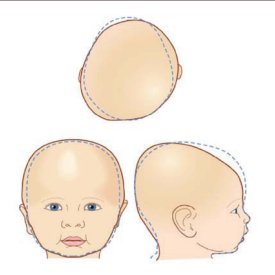
PLAGIOCEPHALY



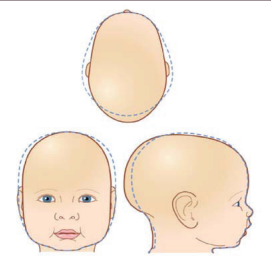
BRACHYCEPHALY



COMBINATION BRACHY/PLAGIOCEPHALY



SCAPHOCEPHALY



Cranial Remolding Program

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UT Health
San Antonio
Physicians



A Beginner's Guide to Tummy Time

CRANIAL REMOLDING PROGRAM



UT Health
San Antonio
Physicians

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 (pla-gee-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 newborns, 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.

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.



Reach & Roll

Motivate your baby to reach and rotate to get toys.



Over the Shoulder Carry

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



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.



Mirror Play

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



Airplane Carry

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



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.



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.

