

→ PREVENTION OF FLAT HEAD SYNDROME (PLAGIOCEPHALY OR BRACHIOCEPHALY)

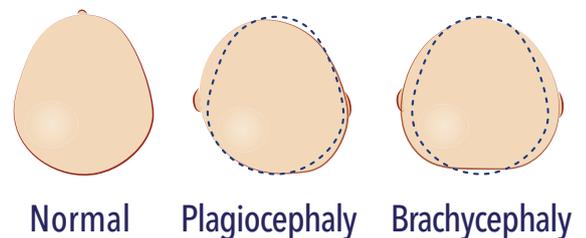


WHAT IS IT?

It consists of flattening of the rear part of the head, in the area where the head is mostly supported. It tends to occur during the first three months of life and is related to the baby's posture (e.g., always sleeps facing the same way).

It has different names depending on the affected area: if it occurs on a side of the back of the head, it is called **plagiocephaly**; if it affects the entire back of the head, it is called **brachycephaly**.

Sometimes, besides the flattening of the head, asymmetry (bulging or protrusion) of the face on the affected side and ear protrusion may occur.



HOW CAN IT BE PREVENTED?

Follow these simple recommendations to prevent or correct flattening:



Switch the baby's head position from one side to the other while they are sleeping on their back (recommended position to prevent sudden infant death syndrome).



Change the baby's posture in the crib so that the supported areas on the mattress vary. Switch the baby's head from one end to the other end of the crib every day. By doing so, the baby will perceive stimuli from different points.



Alternate the arm used to support the baby when holding them or while feeding so that they turn their head in both directions to look for milk or stimulation.



Avoid using tight-fitting head rests in cars that prevent the baby's head from moving.

Cushions are beneficial, provided they are well designed.



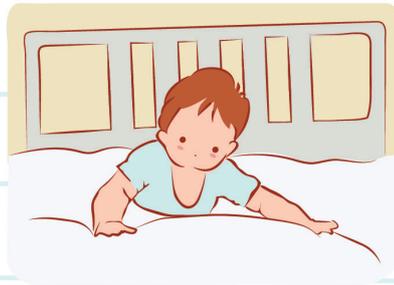
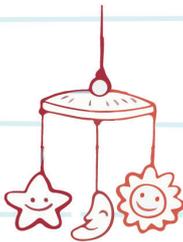
Make sure that the baby plays on their front (*tummy time*). This will encourage the baby to lift their head up and strengthen their neck, arm and back muscles, while preventing continued pressure on the same area.

PREVENTIVE MEASURES TO MAINTAIN GOOD FORM

**SLEEP
FACING UPWARDS**



**PLAY
FACING DOWN**



TRANSPORT

