



HEAD PREFERENCE and TUMMY TIME

Head Preference

Sometimes babies prefer to have their head turned to the same side (usually right). This can lead to flat spots on one side of their head and tightness in the opposite neck muscles if it persists. You should encourage your baby to turn their head to both sides by tracking your face or a small toy. While your baby is sleeping on their back, you should alternate which side your baby's head is turned to each day. If you start to notice flat spots or that your baby always has their head to the same side, please discuss it with your pediatrician.

Tummy Time

"Tummy time" is extremely important for your newborn to help them develop head control and strength in their arms. ***Your newborn should be awake and alert and under adult supervision when placed on their tummy.*** Initially they may not tolerate being flat on the floor. Try putting the baby on your chest while you are lying down or reclined in a chair. Start with 30 minutes total every day (break up into 5-10 minutes of play, several times during the day) the first month and increase by 30 minutes every month.

Rehabilitation Services Department

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