

## Head Turning Activity for Children With Right Congenital Torticollis



- 1** Lay your baby on his or her back on a flat surface, feet toward you.

**TIP** Have your baby look toward a toy.



Gently turn your baby's head to face straight ahead. Place your left hand on your baby's left shoulder to keep your baby from rolling.



Place your right hand on the left side of your baby's head. Gently turn the head so your baby's chin is over his or her right shoulder.

Here are two other ways to turn the head.  
Find the way that works best for you.



Lay your baby on his or her belly with the left cheek facing down. Gently hold your baby's head to help your baby stay this way for 10–15 seconds.



Hold your baby up on your left shoulder with his or her left cheek against you. Gently hold your baby's head with your right hand to help your baby stay this way for 10–15 seconds.

