

Head Turning Activity for Children With Left Congenital Torticollis



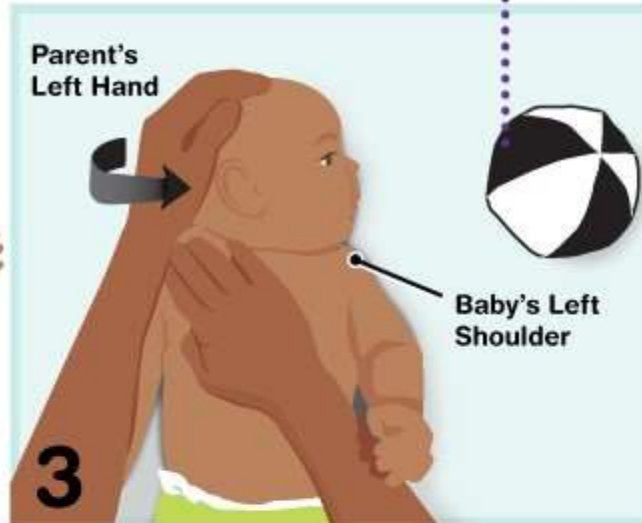
1 Lay your baby on his or her back on a flat surface, feet toward you.

TIP

Have your baby look toward a toy.



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



Place your left hand on the right side of your baby's head. Gently turn the head so your baby's chin is over his or her left 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 right 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 right shoulder with his or her right cheek against you. Gently hold your baby's head with your left hand to help your baby stay this way for 10–15 seconds.

