

## Activity Suggestions

### for babies who prefer to turn their head to the RIGHT:

- Place mobiles, toys, etc in the middle above your baby or on the left side to encourage midline head position and turning to the left.
- Carry your baby so they turn their head to the left to see ahead.
- Place your baby in the crib/on the change table so they look to the left to see you.
- Hold baby on your chest with their head turned to the left.
- Place baby on their left side to play for short periods, with supervision.
- Place all interesting toys/objects/people on the left side.
- Have your baby lie on their tummy with their head turned to the left, with supervision.
- Encourage tummy time in a variety of ways – on the floor, over a roll, in your arms, on your chest.



- If you are concerned about your baby's head/neck position and would like a physiotherapy assessment, contact Thames Valley Children's Centre intake at 519-685-8716.

***We help kids be kids!***

Activity Suggestions to promote left head turn  
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