

Activity Suggestions

to encourage normal head and neck development

- Alternate which end of the crib your baby sleeps at each night.
- Alternate how your baby lies on the change table.
- Encourage head turning to both sides using toys, mobiles, faces, etc. If your baby tends to keep their head turned to the same side, gently turn their head to the other side on a regular basis. It is important that they turn in both directions to prevent muscle tightness.
- Encourage your baby to hold their head in the middle with mobiles above them. Move toys/mobiles to various locations to encourage baby to look in different directions.
- Support your baby to lie on their left and right sides for short periods of supervised play.
- If bottle feeding, hold your baby in alternate arms for each feed.
- Alternate which arm your baby is carried in.
- Place your baby on their tummy for short periods of supervised play throughout the day. Aim for a total of an hour a day of “tummy time” by 3 months of age. Tummy time can include time on the floor, on your chest, over a rolled towel, on your lap, etc.
- Consider positioning devices such as the Turtle hat, Love Nest pillow and Cradler head support to help your baby keep their head in the middle. These devices should only be used with adult supervision and should not be used for sleeping.
- Limit the time your baby spends in “equipment” such as swings, seats and carriers. Avoid leaving your baby in one position for prolonged periods of time.
- Check out www.pathways.org and www.mamaot.com/developmental-milestones for some good information about your baby's development.
- 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.



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