

Carrying Positions

Try to work on a variety of carrying positions to help develop neck strength and symmetry. Positions you can try are:

- Carrying facing in (above or below your shoulders)
- Supported carrying, facing out
- Football carry (through their legs and onto the opposite shoulder facing out)
- Along your arm

Torticollis & Plagiocephaly

Torticollis is a condition characterized by tightening of the neck muscles that are involved in tilting or rotating a baby's head. A child will present with a favoritism to one side, most typically you see them with a tilt to one side and looking up to the opposite direction. It is possible that the tilt and rotation are in the same direction. This restriction in this muscle can impact development and is something to monitor for in your baby.



Plagiocephaly is a condition resulting in flatness on a baby's head that may develop if your baby is lying on his/her back and prefers to look in one direction. Ensure you are monitoring your babies head shape and changing their positions regularly.



Helpful Strategies:

Limit use of car seats, bouncy seats and swings, as this puts pressure on the flattened area. We recommend baby carriers and playing on the floor on the baby's side or tummy whenever possible.