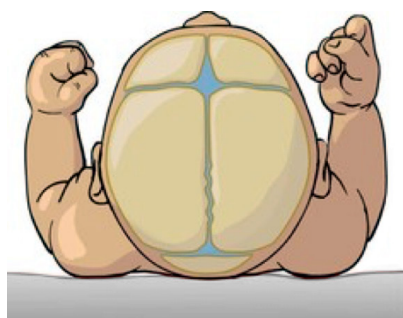




LYING TOO MUCH ON ITS BACK CAN MAKE YOUR BABY DEVELOP **AN UNEVEN HEAD SHAPE**



A normal and symmetrical skull



An abnormal and asymmetrical skull

The skull of a baby is very soft and malleable. If the baby usually sleeps with its head turned to the same side, the skull will become more flat on that side and other head bones will be deformed as well. Deformed head bones often will have a negative impact on neck movements.

This will be prevented by:

- Ensuring that the baby sleeps equally with its head turned to the right and to the left and sometimes with its face straight forward.
- Putting the baby on its stomach several times every day while it is awake, f. ex. before or after changing nappies.
- Putting the baby on its side while awake.

If the baby's head will develop an asymmetrical shape it is advised to see a local health centre (heilsugæsla) or a physical therapist.



FÉLAG SJÚKRADJÁLFARA



LANDSPÍTALI