

To all participating children and parents – Thank you!



PREVENTING FLAT OR ASYMMETRICALLY SHAPED HEAD

An information pamphlet for parents of young children



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Preventative Advice

Your little child learns to control his/her whole body as he/she grows and develops. Letting the child lie on his/her stomach when awake strengthens muscles that are important for the development of good movement skills and balance. It also takes pressure off the back of the head, which can become flattened if pressure on the child's head is always in the same place. You can prevent your child getting a flat head by following these simple pieces of advice:

Vary the position of your child's head when he/she is on his/her back, sometimes with the face turned to the left, sometimes to the right. Get the child to turn his/her head him/herself with voices, toys, and other stimuli. If you feel that your child doesn't turn his/her head both ways as much, or that he/she has a favourite side, you should bring this up with the BVC (paediatric care centre) nurse.



Place your child on his/her stomach when he/she is awake and you are there. Let the child lie on his/her stomach for short periods of time every day from the very beginning, e.g. in connection with changing nappies or getting dressed. The child can lie on his/her stomach against an adult's body, e.g. against the chest or in the adult's lap.



If the child is on his/her stomach on the floor, you can place a rolled-up blanket under the child's chest. This makes it easier for him/her to lift his/her head and use his/her hands. The more the child practices lying on his/her stomach, the happier he/she will become to be in this position for longer periods of time.



Carry your child a lot in varied ways. Children often want to be close to their parents. Remember to alternate between carrying your child on your right and left side. The child can also be carried on his/her stomach on your forearm.