



KK Women's and  
Children's Hospital  
SingHealth

---

# Preventing Flat Head in Your Baby



---

**PATIENTS. AT THE HEART OF ALL WE DO.®**

## ■ Flat head (plagiocephaly)

Flat head (plagiocephaly) occurs due to repeated pressure on an infant's soft skull, causing it to have a flattened appearance. This can be worsened if your baby is always lying on the same side for prolonged periods or is always looking to one side.



You can prevent this by regularly changing your baby's sleep and play position often during the day and night.

## ■ Here are some ways to do this:

### 1. Place your baby's head in a different position each time

- Turn your baby's head to face the right, left or straight forward when sleeping on their back
- You may turn their head once they are sound asleep

### Ensure safe sleeping for infants

[Adapted from American Academy of Paediatrics (AAP)<sup>1</sup>]

- Always put your baby on their back to sleep
- Ensure safe sleeping environment by removing loose bedding and soft objects

<sup>1</sup><https://www.singhealth.com.sg/patient-care/conditions-treatments/sleep-growing-up>

## 2. Encourage head turns to BOTH sides

- Switch the ends you place your baby down in the cot each night
- Change toy and mobile positions every few days so that your baby is encouraged to look in both directions
- Approach, speak or play with your baby on both sides
- Carry/feed your baby from both sides



## 3. Change positions frequently during the day when your baby is awake

- Avoid leaving your baby on his/her back
- Instead, place baby on their sides or tummy when awake at least 3 to 5 times a day
- Limit time your baby spends in the stroller, car seat, swings or recliners. Avoid letting your baby nap in these.

### ■ Tummy time tips!

- Start with short periods, and do often during the day, e.g. 1 to 2 minutes prior to every feed. Increase the duration as your baby gets stronger and more comfortable in the position.
- Lie down against the back of your bed and let your baby lie on your chest. Your baby will feel close to you and be motivated to look up to your face and at the sound of your voice.

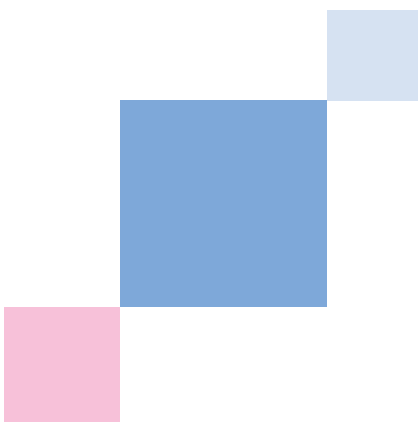
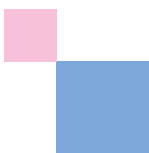
- Use a firm padded surface e.g. baby play mat and prop baby's chest up with a rolled towel or pillow.

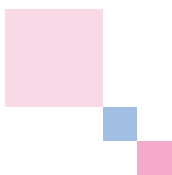


- Get down on the floor with your baby and encourage your baby to lift their head by singing, talking to them or use toys with sounds and light.
- Ensure baby's arms are tucked under their chest.
- If your baby gets upset, pick them up to comfort them and try again later.



If you notice that your baby always turns or tilts their head to one side and has difficulty looking to the other side, consult a doctor to check your child's neck range of motion. If you have tried these tips but are still concerned about the shape of your child's head, please consult a doctor.





## Useful telephone number

Central Appointments

6294-4050



**KK Women's and  
Children's Hospital**

SingHealth

100 Bukit Timah Road  
Singapore 229899  
Tel: 6-CALL KKH (6-2255 554)  
Fax: 6293-7933

Website: [www.kkh.com.sg](http://www.kkh.com.sg)

 [www.facebook.com/kkh.sg](https://www.facebook.com/kkh.sg)