Babies can be born with a tight neck muscle (called “torticollis”) from the way they were laying inside their mother. We have found that one in every six babies has torticollis at birth!

You may notice that your baby may:
- have a tilted lower jaw
- have flattening of the head on one side
- keep his head turned or tilted to one side
- have one ear that sticks out
- prefer to breastfeed on one side

We think that these babies may be at risk for developing flatness on one side of the head. Their little neck muscles are tight on one side and weak on the other. The things you can see now usually go away in a few weeks, but we want to be sure that your baby doesn’t develop a flat or misshapen head.

**A Well-Rounded Baby** - We recommend the following:

1. Wear your baby in a safe wrap or front carrier. Alternate the direction your baby’s head is turned.
2. Leave that car seat in the car! Only put your baby in the car seat while riding in the car.
3. Provide a lot of tummy time when baby is awake and you are watching.
4. Rotate baby’s head position when you put baby to sleep (BABIES ALWAYS NEED TO SLEEP FLAT ON THEIR BACK)

**Neck Exercises** - Stretch your baby’s neck muscle a few times a day for several months:
- Hold your baby on his/her side with the LEFT RIGHT ear up on your lap while swaddled and slowly inch the baby’s head away from you to let gravity give him a good stretch.
- Do this twice a day for 5-10 minutes.
- If you find this hard to do, the baby seems uncomfortable, you think the tightness is getting worse, or your baby’s head is getting flat, ask your baby’s doctor for a referral to a physical therapist.