



Always sleep your baby on their back, but when they are awake allow them to spend time on their front or sitting up safely. This will encourage their healthy development

When your baby is awake they should spend a lot of time in different and healthy development. Try some of the games and different ways of car



If your baby always faces one side when in his cot, place a mobile or picture on the other side to encourage him to turn his head

Help her to play on her front. Use a firm support like a rolled-up towel



Make it fun for her to play on her front. Put her on the bed so it's easier for you to look at each other

- Always supervise your baby when they are playing on their front. Never let them fall asleep on their front.

positions, not always lying on the back. This will help their head control
ying your baby shown here and you will find they can do more and more.



Try carrying her like this, so she can be upright, close to you and can see what's going on

Allow him plenty of time sitting on your knee, or in a baby bouncer, reclining chair or high chair



Carry him in different positions. There are lots of fun ways like this to help him develop his muscles



- When you are not travelling, find ways other than the car seat for your baby to sit and move freely.

It is normal for babies' heads to become slightly flatter on one side. If they spend all their time on their backs this can become more noticeable (plagiocephaly).



Remember that this is usually not serious and is purely cosmetic - it won't cause health problems and it should correct itself on its own within a year. Special equipment isn't necessary.

You can consult your health visitor or GP who will refer you to a paediatrician if there are still concerns, or to a paediatric physiotherapist for advice on improving posture and head control.



For more information visit FSID's website www.sids.org.uk or call FSID's Helpline 020 7233 2090 or email helpline@sids.org.uk



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