

# UNDERSTANDING HEAD SHAPE CONDITIONS

This section will guide you through the main types of head shape conditions, their varying degrees of severity, and their characteristics. Although plagiocephaly does occur frequently, educating yourself and those around you is important for prevention and early detection.

## PLAGIOCEPHALY

(Flat Spot on One Side)

This is the most commonly referenced head shape. When you look down on the head shape from a bird's-eye-view, you will see a parallelogram shape. From this angle, it also looks as if half of the head has been pushed forward, often accompanied by misalignment of the ears, facial asymmetry, bulging forehead.



Severity of PLAGIOCEPHALY



Characteristics of PLAGIOCEPHALY

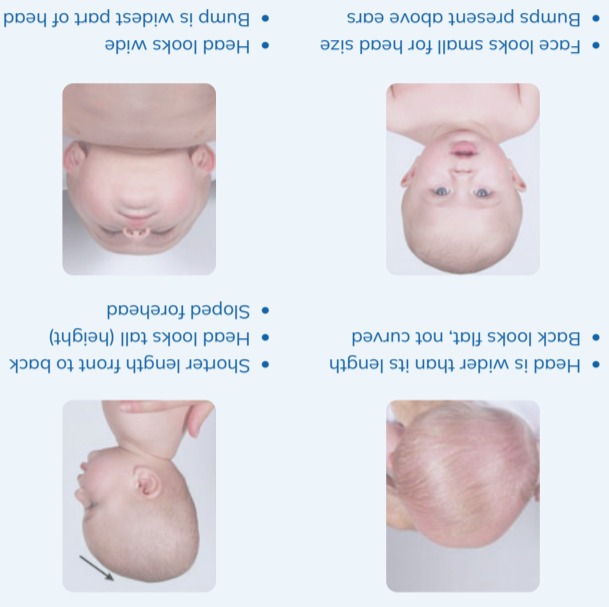
## BRACHYCEPHALY

(Wide and Short)

Something as simple as spending too much time on the back can cause brachycephaly. With this shape, the head flattens uniformly, causing a wider and shorter shape, including increased head height. Other common traits of brachycephaly include an extreme forehead incline, bumps or bulging above the ears, and the face appearing "small" in proportion to the head.



Severity of BRACHYCEPHALY



Characteristics of BRACHYCEPHALY

After learning about common head shape conditions such as plagiocephaly and brachycephaly, it's important to know how to support healthy development. Simple daily habits can help reduce the risk of flattening while also strengthening your baby's muscles.

## PREVENTION TIPS



### TUMMY TIME

Supervised tummy time is essential for building strong neck and trunk muscles. Start with short sessions and gradually increase as your baby gets more comfortable.



### REPOSITIONING

Encourage your baby to turn their head in both directions to prevent favoring one side. Try alternating arms when holding them, switching their crib position, and changing the direction they face on the changing table.

