

HEAD SHAPE

Your baby's skull is made of multiple bony plates that are not yet fused together. This allows for the rapid brain/head growth that occurs in the first year of life. The bony plates are relatively soft and malleable.

Head shape abnormalities in babies are very common but some simple maneuvers can help prevent common head shape problems. There are also things you can do to help remodel your baby's skull if it's already misshapen.

For tips on preventing plagiocephaly (flatness at the back of the skull) please go to:

- https://www.caringforkids.cps.ca/handouts/preventing_flat_heads
- <http://www.healthyparentshealthychildren.ca/young-babies-birth-to-6-months/everyday-care/your-babys-head-shape/>

If your child already has a flat spot and is under 4 months of age, you can attend Infant Head Repositioning classes at Alberta Children's Hospital. They are free of charge but you need to register first. [Click Here](#).

Please talk to your pediatrician if you have any concerns about your baby's head shape. If your pediatrician thinks the reason for the abnormal head shape is a neck problem (either a weak neck muscle or a tight neck muscle), she may refer you to see a physiotherapist.

For children 6 months and up, a custom-fitted helmet is sometimes used to reshape the skull. A referral is needed from your pediatrician to be seen at the Head Shape Clinic at Alberta Children's Hospital to see if a helmet is required.