

Contact us **TODAY!**

Call us for a **FREE** evaluation for your baby.
We can help you with your concerns.

785-843-3059



— tiny-k Early Intervention —

- Has **FREE**, in-home support and resources to families and children 0 to 3, with special needs.
- Focuses on the Family's priorities for their child through a "Primary Coach" approach.
- Staff are licensed professionals: Physical and Occupational Therapists, Speech-Language Pathologists, Early Childhood Special Education teachers, Social Worker, Registered Dietitian, as well as others.



Bright Beginnings for Douglas County Kids

2619 W. 6th Street, Suite B
Lawrence, Kansas 66049
www.douglascountytinyk.org

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Back to sleep and **TUMMY TO PLAY!**

Does your baby have tummy time at least 10 times per day?

Can your baby turn his/her head to the left and right sides easily?

Have you noticed a flat spot on the back of your baby's head?



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If you are concerned about any of these issues, you may be seeing signs of torticollis (tight neck muscles) or plagiocephaly (flattened or misshaped head).

It is very important to recognize these signs early!



These **can** be very serious conditions if not caught early!

- Some babies may have to wear a helmet to help round out their head.
- Surgery may be needed.
- Concerns with growth and development can occur. Examples are:
 - misaligned eyes and ears
 - migraines
 - TMJ (jaw issues)
 - misshapen head



You can help your baby by:

1 Holding or placing your baby in different positions throughout the day.

2 Making sure your baby does not always sleep on the same side of his head.

3 Providing supervised tummy time at least 10 times a day, while awake.

