

## 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

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[www.douglascountytinyk.org](http://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.

