

# ASK, LOOK, LISTEN: ALTERED HEAD SHAPES: CHEAT SHEET FOR NURSES

## 1. Newborn Period

- a. First visit at home at 2-4 weeks
- b. **Ask** Parent 'Do you notice if your baby prefers holding their head to one side?'
  - i. **Look** at head shape,
  - ii. **Listen** to parents
- c. Why important? Give 'Head Shape' brochure
  - i. Encourage to just turn both ways, and hold on you with head both directions (**Attachment 1**)

## 2. 6-8 weeks

- a. **Ask parents** 'Do you notice if your baby prefers holding their head to one side?' If yes,
  - i. **Look** at head shape: 40% will go on to have flattening or change in neck muscle tightness
  - ii. **Listen: If 'concerned' Explain 'severity scale' (Attachment 2)**
- b. **Why Important: IF** strong preference or any tightness in neck muscles, start 3-page handout and go over ideas with the family (**attachment 3**)
- c. Reposition: with supervision
  - i. Side lying
  - ii. Prone
  - iii. Keep upright, holding, sitting, when NOT sleeping
- d. **Refer** to see a physiotherapist (Ref #4,5 10 in full protocol)

## 3. 3 months to 6 months of age

- a. ASK parents and Observe Head shape. Should have resolved
- b. If NOT resolved:
  - i. Review severity scale, reposition, handouts
- c. Any concern REFER. Don't **wait**