

## Heads Out Of Shape?



*Why do some babies have flat spots on their head?*

*Does it matter if my baby has a flat spot on their head?*

**I**t seems that babies with flat spots on their heads are far more common than they used to be. The cause is often linked to the more recent practice of sleeping babies on their back to minimize the risk of Sudden Infant Death Syndrome (SIDS). While sleeping posture may contribute to an increase in babies with flat-spots on their head it is not the only reason.

In some infants the distorted head shape will resolve at an early age, for others it persists. The question of why it only develops in some babies, regardless of sleeping position, and the consequences on the development of the child are important. Chiropractic research can offer some answers to these questions.

### Does it matter if my baby has a flat spot?

Yes. Recently published research has shown that if the abnormal head shape remains unresolved, unequal brain development may occur with subsequent school learning problems developing. It has the capacity to prevent a child reaching their maximum potential.

### Treatment

When a child is put back into structural balance with gentle, safe, chiropractic adjustments the natural growth of the brain will push the head slowly and permanently back into shape.

Children who have chiropractic care respond best when that care is given early in life, preferably before they are four months old.

The commonness of this problem today and its potential consequences is a key reason why infant chiropractic health care is of life long benefit.