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| **Paediatric Outpatient Clinic**  ***Date***  ***NHI*** | | | Regional Call Centre  Telephone: 0800 333 477 |
| *(GP Name & Address)*  Dear Dr ……. | Cc Glenys Cotton (Virtual Clinic Letter)  Cc Parents | |

**(*Patient name & address details*)**

**RE:** Advice regarding positional plagiocephaly.

Thank you for your letter regarding a flattened head shape.

Positional plagiocephaly is usually a benign condition that arises because the child favours lying with their head turned in one direction. In these cases, flattening occurs at the back of the head and the corresponding forehead side appears to be pushed forwards. Most positional head deformities improve by 3 – 5 years of age.

Treatment of positional plagiocephaly generally involves positioning the child so the head is lying on the opposite side to the flattened area. This can be encouraged by alternating the position of the baby’s head between left and right when they go to sleep, though babies must *always* be placed on their back to sleep. You can vary the position of your baby by changing the position of the cot in the room and objects around them, or placing them at alternate ends of the cot to sleep. During the day place your baby on their tummy or side to play while you are supervising them and vary the position you carry them in.

At this stage we have not made an Outpatient appointment but would happily do so if this was indicated based on any of the following criteria.

* Concerns about craniosynostosis (early fusion of the bones of the skull);
* Torticollis (fixed twisting of the neck due to tightness in the neck muscles on one side)

Yours sincerely

The Paediatric Team

Tauranga Hospital

Encl.

<http://www.rch.org.au/kidsinfo/fact_sheets/Plagiocephaly_misshapen_head/>