

Repositioning Techniques

For a Child Who Prefers Looking To Their Right

1. When on your lap, the child should be on your left leg. Make sure that the child's right arm is tucked between your waist and your left arm.
2. When carrying the child, have your child on your left. If possible, tuck your child's right arm under your left arm. You can also try using a swaddle while holding the child on your left side.
3. When playing, place interesting objects/toys on the child's left side.
4. When bottle feeding, hold the bottle off to the left. Remember to tuck your child's right arm between your waist and left arm. If this interferes with feeding, hold the bottle at midline.
5. When burping, hold your child over your right shoulder. Make sure that you are cheek to cheek so your child is unable to look to the right.
6. If you are unable to burp your child over your shoulder, try placing your child on your left leg.
7. When your child is lying down or in a car seat, try using a rolled up receiving blanket under your child's right shoulder and hip to prop your child towards their left side.
8. Your child should play on their tummy at least 5 times a day for 3-20 min in duration, depending on the age and neck strength of your child. There are many ways to practice tummy time. You can have your child lie on your stomach or play with them while you are lying on your back. Another way to practice tummy time is to place your child across your lap. You can also carry your child in a face down position. Make sure that your child's head is closer to your right arm to also encourage your child to only look to the left.
9. If your child likes to raise their left shoulder, or tilts their head towards their left shoulder, this is a good carry to work on pushing down on the left shoulder.

