

# Repositioning Techniques

## *For a Child Who Prefers Looking To Their Left*

National Orthotics and Prosthetics Company

1. When on your lap, the child should be on your right leg. Make sure that the child's left arm is tucked between your waist and your right arm.
2. When carrying the child, have your child on your right. If possible, tuck your child's left arm under your right arm. You can also try using a swaddle while holding the child on your right side.
3. When playing, place interesting objects/toys on the child's right side.
4. When bottle feeding, hold the bottle off to the right. Remember to tuck your child's left arm between your waist and right arm. If this interferes with feeding, hold the bottle at midline.
5. When burping, hold your child over your left shoulder. Make sure that you are cheek to cheek so your child is unable to look to the left.
6. If you are unable to burp your child over your shoulder, try placing your child on your right leg.
7. When your child is lying down or in a car seat, try using a rolled up receiving blanket under your child's left shoulder and hip to prop your child towards their right 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 left arm to also encourage your child to only look to the right.
9. If your child likes to raise their right shoulder, or tilts their head towards their right shoulder, this is a good carry to work on pushing down on the right shoulder.

