



**BABY BEAR**  
cranial clinic

# How to Check for a Flat Spot at Home

Learn how to  
assess your baby's  
head for a flat spot  
with the use of  
your phone

with love  
from your favorite  
head shape experts  
at Baby Bear Cranial Clinic

# Step One:

Take a photo from a top-down view with just the tip of the nose showing.



**This can be done in a few ways:**

hold your baby face-up on your lap (as pictured above) and have someone else take the photo,

secure your baby in a seated or upright position and take the photo from above,

hold your baby in your arm as if you are feeding (cradle hold) and have someone take a photo from the side

**TIPS:** if you're struggling to keep your baby still long enough for a photo, take a video and then screenshot the best view with just the tip of the nose showing.

If your baby has long hair, wet it down so it is slick against the head.

## *Step Two:*

**Add a vertical line from the tip of the nose through the back of the head and a horizontal line from ear-to-ear / in the middle of the head.**



We like to use the “edit” and “mark up” sections in our photos to add lines to the picture. There are apps out there that can help with placing lines as well.

**Note:** It can be tough to see the ears from this view, so do your best to find the middle of the head when placing the horizontal line.

# Step Three:

## Compare quadrants from right-to-left.

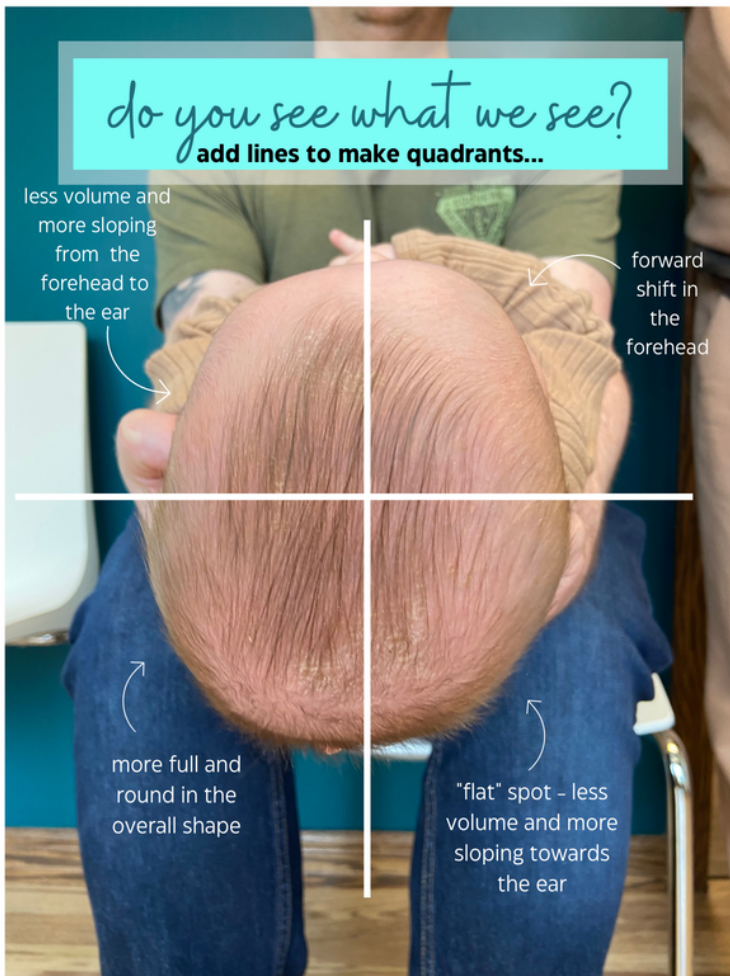


This is the analysis part, so get your eyes ready! We are looking for three main factors:

**Volume** differences  
this refers to how “full” the quadrant looks  
less volume = flatter quadrant

**Sloping** differences  
this refers to the angle the skull takes from the vertical line to the horizontal line.  
more slope = flat spot

**Shifting** forehead  
look for if one side of the forehead is “higher” or more forward than the other



NOTE: this baby measured in the “severe” category for plagiocephaly due to the flatness both in the back right and front left aspects of the head.

# Step Three:

Compare quadrants from right-to-left.

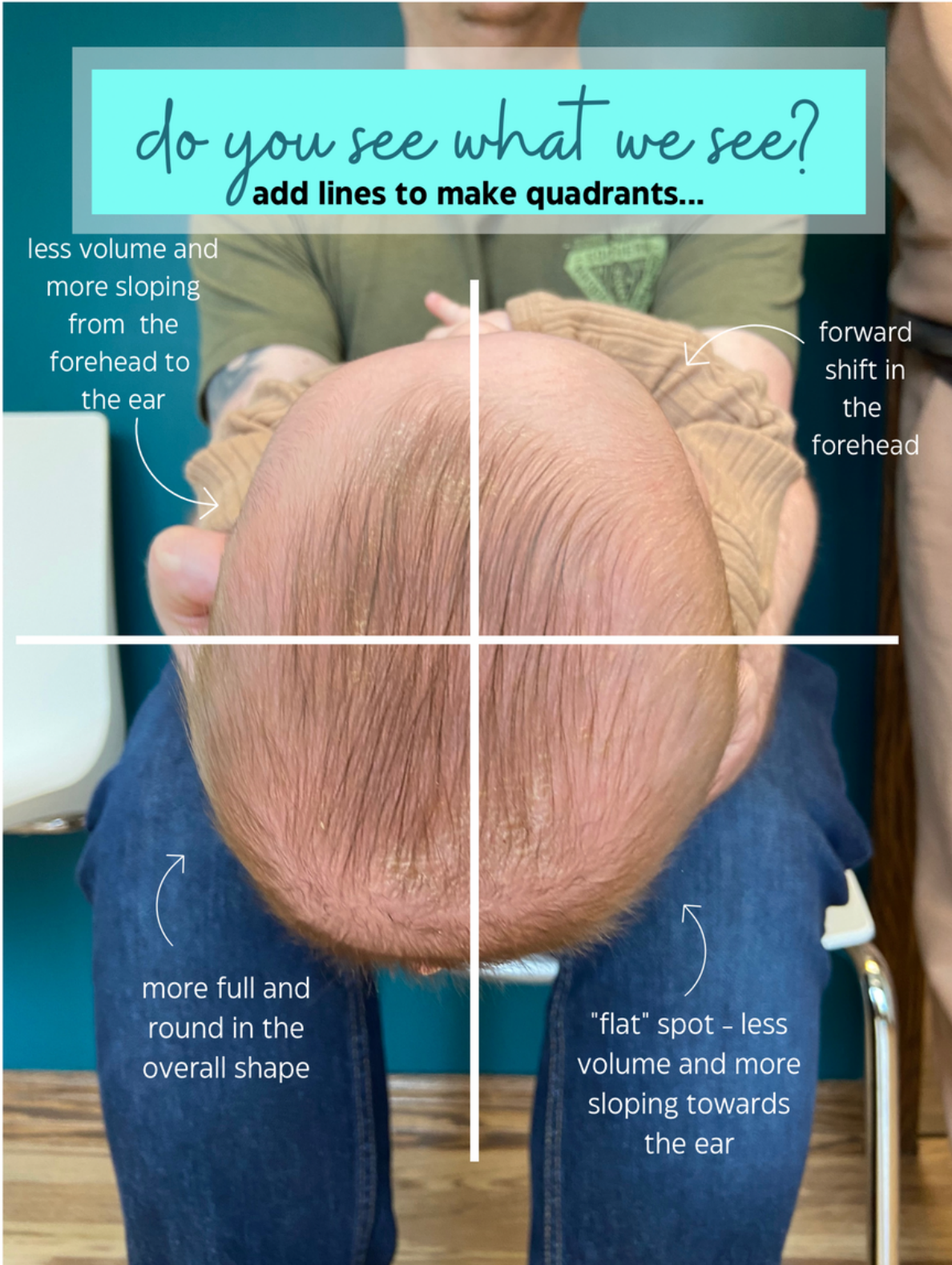
*do you see what we see?*  
add lines to make quadrants...

less volume and more sloping from the forehead to the ear

forward shift in the forehead

more full and round in the overall shape

"flat" spot - less volume and more sloping towards the ear



# *Step Four:*

## Schedule a consultation.

**Question:** When is the best time to seek the expertise and guidance of a cranial clinic?

**Answer:** Right away after noticing a flat spot!



Our consultations are meant to **inform** parents on their child's unique head **shape**, determine a **severity** level with **appropriate** treatment recommendations, and offer a ton of **education** to ensure you leave feeling **informed** and **supported**, not pressured or confused. Or **schedule a free 15-minute discovery call to decide the next best steps for you and your baby.**