



MOUNTAIN KIDZ
THERAPY

FREE TUMMY TIME CLASS

**OPEN TO BABIES OF ALL AGES AND
DEVELOPMENTAL STAGES**

**1ST WED OF EACH MONTH
TUMMY TIME | 11AM - 12PM
CRAWLER CLUB | 12 - 1 PM**

FLAGSTAFF BIRTH COLLECTIVE

Come learn from Erin Kayser PT, DPT and owner of Mountain Kidz Therapy about baby development and how to promote your baby's next milestones
Meet with other parents, connect, and find community

DEFORMATIONAL PLAGIOCEPHALY (DP)

1 in 2 infants have some degree of DP

Common risk factors include:

- Positioning in the womb / multiples
 - Prematurity
- Torticollis (crooked neck)
- Back to sleep (recommended by AMA)
 - Containment devices

***Early identification and treatment can
prevent the need for a helmet to treat
the flat spot***

Contact Mountain Kidz Therapy IF:

- Notice head shape changes (flattening along back of head)
- Observe that baby prefers looking to one side
 - Pediatrician is recommending helmet evaluation

For more information on DP and how to identify/prevent follow us on Instagram

@mountain_kidz_therapy

or email us at erin@mountainkidztherapy.com



Normal



Mild



Severe