

INFANT CHIROPRACTIC

Your Doctor of Chiropractic has trained to gently examine and care for your baby. Many parents report that after beginning chiropractic care for their infant they have seen less symptoms of colic, reflux and ear infections, as well as improved sleep patterns. Progressive parents choose within days and even hours of their child's birth to bring their infant in for their first chiropractic exam.

Welcome to the World!

Parents are joyous when their newborn appears to be healthy with their ten fingers and toes. However, wellness is more than just the appearance of being normal. It is really the expectation of your infant developing their own expression of health- physically, emotionally and spiritually.

The First Moments

Every parent waits for the first smile, the first tooth, the first word, all the firsts that come with being a mom and dad. From rolling to sitting, sitting to standing, standing to walking, these first moments can be precious but can also be subtly stressing their developing spine.

Recommended Adjustment Schedule

- Stage 1:** Within one week of birth
- Stage 2:** Two months old (head holding)
- Stage 3:** Six months old (sitting on own)
- Stage 4:** Eight months old (crawling)
- Stage 5:** Eleven months old (walking)

Your infant's spine, the housing and protection of their nervous system, will double in size by the age of 2. Since the brain, spinal cord and nerves control your baby's immune, digestion and elimination as well as respiratory systems it's important to be sure that their spine develops correctly!

Interference with Wellness

Many parents are unaware that an infant's first trauma to their spine and nervous system most likely occurred during the birth process. With forceps and vacuum extractors or the use of the doctor's hands, the newborns neck can be over-stretched and twisted causing their first spinal insult.

During their first months, the simple things that are done for them; changing diapers, lifting and carrying, using car-seats and infant carriers, potentially increase unhealthy stress to your baby's spine, Additionally, approximately 50% of all babies fall or are accidentally dropped from a high place their first year. All of these minor traumas may lead to an unnatural placement of spinal bones causing interference to the nervous system (vertebral subluxation).

Resources:

Anrig C, Plaughter G. *Pediatric Chiropractic*,
Lippincott, Williams & Wilkins, 2012
International Chiropractic Pediatric Association
2012© Dr. Claudia Arnig