

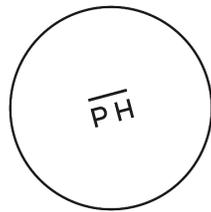
Assessing Your Baby

10 Signs a Chiropractic Check-Up May Help

THE POWERHOUSE
CHIROPRACTIC INC

Assessing Your Baby

10 Signs a Chiropractic Check-Up May Be Needed



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The Powerhouse Chiropractic Inc

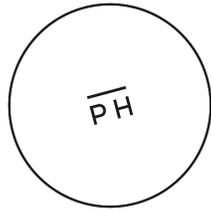
PUBLISHED BY:

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ABOUT THE POWERHOUSE

We believe every human is designed to be extraordinary.

We are part of a growing, global community of chiropractic offices with the vision of one million families, worldwide, living Life By Design.

Infants are brilliantly designed. Their bodies are created to run independently and they even come equipped with the ability to let mom know when they are in need of something.

But...what if as a mom you've exhausted your list of "go-to's" and no longer know why your bundle of joy is upset or uncomfortable? What could your little one be trying to tell you?

You are not alone! We see plenty of exhausted and frustrated moms (new and experienced) trying to do their best.

There are however, a few common signs that indicate your baby may benefit from a chiropractic check-up.

Chiropractic care for infants is incredibly gentle and highly specific. We bring everyone in our practice through an extensive examination process...newborns, babies and children are no exception.

It is never too early to have a chiropractic check-up. Some of our newest practice members have been just days old.

Dr Thea & Dr Brian

The Powerhouse Chiropractic Inc

1. Head Tilting or Irregular Head Shape

- Head tilting (also known as torticollis) may be related to a misalignment in your baby's neck, limiting their ability to freely move their head in both directions.
- The birthing process, even when considered "normal", can be stressful for both mom and baby. It is estimated that about 60-90 lbs of pressure is being placed on your baby's neck during delivery.
- Over time, a decrease in normal range of neck motion, and inability to properly turn their head can lead to flat spots or head shape irregularities (also known as plagiocephaly). This places more consistent pressure on one side of the head.

2. Difficulty Breastfeeding

- This may be the number one reason parents seek the help of a chiropractic after the birth of their baby.
- When the top bone in the neck (called the atlas) becomes misaligned, it can be difficult for your baby to turn their head in both directions, making feeding a difficult feat.
- The atlas is neurologically connected to the jaw. Interference with this connection through spinal misalignment may also contribute to latching difficulties.
- If your baby prefers to feed on one side or has difficulty maintaining a latch, their neck mobility may be compromised. Difficulty holding a good latch can occur when your baby is unable to appropriately turn their head while breastfeeding.

3. Poor Head Control

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Gaining head control is a gradual process achieved over the first 6 months of life. Your baby will begin with lifting their own head at about 1 month. They should continue to achieve strong, steady control by 6 months of age.
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Nerve system tension from spinal misalignment can interfere with this natural progression and disrupt aspects of reaching normal developmental milestones, leading to further problems in the future.
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Gross motor skills are coordinated by the neuromuscular system. Tension on this system may affect aspects of coordination and control, including that of the head.

4. Indigestion & Spitting Up

- Spitting up is normal for babies, peaking at about 4 months and disappearing at about 12 months.
- Excessive spit up, vomit or bad breath can be signs of infant reflux (particularly if reflux is common in your family).
- Infant reflux can lead to a decrease in feeding (due to pain) or an increase in feeding (as it decreases pain caused by excessive acid in the esophagus).
- Infant reflux can be linked to neurological controls at both the opening of the esophagus (into the stomach) or the diaphragm muscle. These areas are linked to nerves in the neck. Increased nerve system tension from spinal misalignment may be contributing to your infant's reflux.

5. Difficulty Sleeping

- This is not a fun one to you or your baby to be experiencing. Babies and children are excellent at telling us when they are uncomfortable...they cry.
- Some physical discomfort can be caused by spinal misalignment. This misalignment can restrict their normal movement and cause tension in their nerve system.
- The sleep center controlling your little one's sleep patterns are located in the brain stem. Increased nerve irritation at the top bone in the neck (also known as atlas) can influence their ability to sleep restfully and in a normal cycle.
- This can make resting and relaxing extremely difficult for your baby.

6. Excessive Upset & Crying



Excessive upset (also known as Colic) can affect up to one third of newborns. Typically, colic is defined as a constantly irritable baby who:

- Cries or fusses more than 3 hours per day
- For more than 3 days per week
- With no particular patten (although is typically worse at night).



Nerve system tension from spinal misalignment can place an incredible stress on your baby's body.



Correcting spinal misalignment can calm the nerve system, allowing stress on your baby's body to decrease.

7. Arching of the Back

- When your baby is at ease and comfortable, they are naturally programmed to be in a flexed body position.
- The purpose of this is to ensure they can stay as close to you as possible.
- If your baby is stiff or rigid and extends or arches their back, this is an indicator of nerve system tension and discomfort.

8. Constipation

- Every process in your baby's body (and your own) is entirely coordinated through their brain and nervous system (the master control system).
- Organs (including the bowel) rely on clear communication through the nerve system to function optimally.
- By correcting spinal misalignment, nerve system tension may be improved, enhancing communication to vital organs like the bowel.
- Corrections coupled with certain tummy techniques promote movement (also known as peristalsis) in your baby's gut.

9. Frequent Illness or Infections

- All babies are continuously exposed to pathogens, but exposure does not mean your baby will get sick. A strong immune system provides a powerful, natural defence against pathogens.
- Breastfeeding provides your baby with many substances that benefits their immune system, including antibodies, immune factors, enzymes and white blood cells.
- If your baby has a weakened immune system, they are more vulnerable to colds, flu, ear infections and other illnesses.
- The nerve system greatly affects the immune system and plays an important role in the immune response. There is even a branch of science devoted to this area of study, neuroimmunology.
- Nerve system tension can contribute to decreased immunity and may lead to increased susceptibility of illness or infection.

10. Has Never Had a Chiropractic Check-Up

- As mentioned earlier, even a "normal" birthing process puts a lot of stress on your newborns delicate spine and nerve system.
- Having a chiropractic check-up is not the same as having chiropractic treatment. First, a detailed history and examination is performed to find out if we can help.
- Not all chiropractors work with newborns and children. Finding a pediatric chiropractor to work with is important.
- At The Powerhouse, our team takes a special interest in helping newborns and children. Drs Brian & Thea have done advanced training to learn about caring for your little one.
- We make getting started easy. Our consultation is always complimentary. Call or email our team today at 604-662-3304 or hello@thepowerhousevancouver.com