

c4 babies and toddlers..

Many people are still often surprised when they see children in the office and many are even more surprised that babies as young as just minutes old can be checked for subluxations.

Regularly we get questions regarding how parents can help to enhance their little-y's health, so this month we chose to focus on baby and toddlers health specifically. We look at the benefits of massage and exercise, why water is just as important for little ones as it is for the rest of us, and how chiropractic can help with the overall function of little bodies.

Thank-you to all our new male clients that took advantage of our EMG stress test last month and thank-you too, to all those that referred new clients to our office. Congratulations to Gavin Culmsee who is the lucky winner of our fantastic Enjo car cleaning kit – we hope you get good use from it.

The team @C4W



thought for october...

He who possesses virtue in abundance may be compared to an infant

Lao Tzu

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massage ...

Touch can be very powerful! Massage for babies and toddlers is something that other cultures have been practicing for thousands of years. There are some massage techniques that are more enjoyable than others, particularly for very young babies. Massage should be enjoyable experience for both parent and child.

Massage for babies and toddlers provides lots of benefit including:

- ◆ Communicating
- ◆ Helping the child to feel safe and loved
- ◆ Stimulation of different body systems (immune system, circulation, digestion)
- ◆ Enhancing development (encourages movement and coordination).
- ◆ Helping parents and their child to learn to trust and have confidence in each other.

Whether you do massage or not, being touched and held and stroked are very important for your baby's and toddler's emotional development.

exercise ...

Exercise is good for growing babies and toddlers, as well as older children and adults. It keeps muscles strong, increases flexibility, makes them feel great, as well as making it easier to maintain a healthy weight.

Apart from these important health benefits, exercise also:

- ◆ helps develop social skills such as sharing, taking turns, cooperating
- ◆ helps develop physical skills such as running, eye-hand coordination and ball skills
- ◆ helps families, when parents exercise with their children.

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drinking water...

Our bodies are made up of 70-80% water, and water that is lost through breathing, sweat, and urine needs to be replaced. This is especially important in warmer weather. Breast milk does provide enough water, but once they are on a mixed diet it is good practice to offer water as well. How much water babies and toddlers need to drink depends on several things including the weather, what they are doing and how healthy they are.

Some hints are:

- ◆ Make water easily accessible
- ◆ More water will be needed if playing or the weather is warmer.
- ◆ Water is much better than juices and soft drinks. The high sugar content in these drinks can damage teeth, lead to extra weight gain and further dehydration. Juices and soft drinks can also interfere with little appetites.

health for little nervous system's...

The nervous system is responsible for the regulation and maintenance of the body at all times and keeping little nervous systems healthy, is essential for optimal body function.

Things like, paternal and maternal health and stress *prior* to birth, the birth process itself, falls, knocks, bumps and poor diet can all cause subluxations of the spine, which can then lead to a little nervous system that is unable to function at a peak level. Removing subluxations through regular chiropractic care may also be very beneficial to many issues that a baby can present with.

Examples include:

- ◆ colic,
- ◆ irritable baby,
- ◆ constipation,
- ◆ poor sleep
- ◆ ear infections
- ◆ plus many more

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If you have any questions regarding how to do little massage, tips for good exercise, water habits for little ones, how to develop and maintain a healthy nervous system for your little person, please ask Helen on your next visit.

And remember, if you know someone that you think could benefit from chiropractic care, please let them know about us.

above - down - inside - out

above

Above is about life force. The power that made the body heals and coordinates function and life potential.

down

Down is about bringing life force or energy into the body and helping the master control system, 'the brain' communicate the wellness message throughout the body, via the nerve system.

inside

Inside is the generator. Without your control system working properly, we can hardly expect optimal life expression.

out

Out is about doing it! Allowing the pure expression of growth, health, energy and enthusiasm for life that is expressed when our body is free to do so!

clients of the month...

Chiropractic research enables us to provide you with the most revolutionary care. The following clients will have their fees donated to the Australian Spinal Research Foundation this month.

Thank you to:

Tahlia Domoney

Sam McAvaney

Jarrold Wade



events

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Monday 9th October

Monday 30th October

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**welcome to a
greater life!**