

## “I don't like the idea of my child having an adjustment!”

There is a wide misconception that chiropractic is not gentle. Many parents don't like the thought of their child having an adjustment. There are many techniques used by chiropractors to adjust that are gentle and effective.

- Adjustments to babies necks and spines are with finger pressure only.
- The Activator (or the “clicky thing”) is very gentle and most kids think its fun.
- SOT (Sacral Occipital Technique) is also another gentle technique that is based on the relationship between the function and structure of the nervous system, the skeletal system and the circulation of cerebral spinal fluid. SOT employs the use of blocks to allow the body to seek its correct alignment
- Cranial work is fantastic for kids with learning issues, co-ordination and focus problems.

**Dr Helen is a paediatric chiropractor. If you wish to know more, please ask at your next visit.**

## 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:

**Oscar Gillespie  
Jaidh Raggiozino  
Sunni Wilson-  
Gibcus**



## events...

### Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Monday 15th October 2007, 7.45 pm

356 Rathdowne Street  
North Carlton Victoria 3054  
Ph: (03) 9347 4444 Fx: (03) 9347 4466  
E: reception@c4w.com.au  
www.c4w.com.au



**babies, toddlers &  
pre-schoolers**  
c4w newsletter  
october 2007



## healthy kids...

Not many people understand the benefits of chiropractic care for growing spines and nervous systems. We are often asked why small babies and toddlers have their spines checked, considering they're healthy or don't have back pain.

Chiropractic care is not just for people with back and neck pain - it's for everyone, including our kids. Having chiropractic adjustments to correct subluxations frees up young nervous systems and allows our kids to function at their full potential.

All those falls, knocks and bangs can add up in later life to the back pain that adults experience - when our spines are "set" in place. Subluxations start at birth. Just think of what a baby must go through in natural child birth alone!

Our October newsletter explores the benefits of chiropractic care for babies, toddlers and pre-schoolers and why periodic adjustments for kids are so important for proper function and development.

If you haven't thought about having your kids checked before and want to know more why not have a chat to Helen about it?

Congratulations to Steve Barker for winning the wine voucher - we're sure you'll enjoy it!

Have a fantastic October

### thought for october

*There never was a child so lovely but his mother was glad to get asleep.*

- Ralph Waldo Emerson

## babies...

What kinds of reasons would a baby need chiropractic care? The normal birth process, position in-utero, type of presentation and assisted delivery (i.e. forceps or caesarian) all can cause a baby's spine to become subluxated. One study of asymptomatic children showed that 15.8% had cervical subluxations (neck problems) and 40% had pelvic subluxations. While another study showed that it took 90 -140 pounds of pull pressure to produce spinal damage, stating that this amount of pressure is *not uncommon in the normal delivery process*. So how can a subluxation caused by birth affect a small baby?

### Breastfeeding

Some mothers find their baby does not feed well or may have problems attaching. Chiropractic has shown to be highly successful in helping with babies that are having breast feeding issues. Many practitioners have found that subluxations acquired either through the birth process or soon after are common causes of feeding problems. Babies may experience difficulty in the range of movement in their neck, hindering their ability to feed on a certain side. They may also experience pain in being held in certain positions.

### Colic

Many babies experience colic during their first year of life, which can be quite distressing, not only for the baby, but the parents too! Chiropractic has proven to have great success with helping colic, as studies show evidence that 'infantile colic' has a *musculoskeletal* rather than a *gastrointestinal* origin. One such study showed that of 316 colicky babies, 94% of them were symptom free after being adjusted over a period of two weeks.

**This Month  
Complimentary Initial Consultation  
for all children under 5!**

## toddlers and pre-schoolers...

In the U.S the number one cause of hospitalisation in children over one is unintentional injury, not illness.

Falls off beds, steps, and play equipment, tripping over or banging their heads are just some on the things toddlers do in the early days of walking!

A fall or blow to the head can cause subluxations in small developing spines. While the child may not experience any particular pain in their back or neck after a fall, it not an indication that a subluxation may have occurred. Left unchecked subluxations can lead to immune system issues, learning difficulties and co-ordination problems, to name a few.

Research into chiropractic care and child health yielded the following results:

**Recurrent ear infections** - 93% showed a significant improvement within 10 days.

**ADHD** - Chiropractic care was found to be 20-40% more effective than using Ritalin (a common drug for hyperactivity) - without the frightening side effects.

**Acquired Verbal Aphasia** - One study illustrated a vocabulary increase from 3 to 60 words in 4 weeks.

**IQ** - A study demonstrated an increase in visual perception, motivation, performance and 100% of the sample group showed an increase in IQ.

### Getting your child checked

If your child does suffer from ear infections, constant colds and tonsillitis then chiropractic may be able to help.

The great thing about chiropractic for kids is that by having their nervous systems checked early and periodically, kids have a better chance at functioning at their full potential. Spinal issues can be detected and corrected earlier so that in later life they will be healthier and with less likelihood of back pain.