



CRANIAL OSTEOPATHY FOR BABIES AND CHILDREN



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www.woodsideclinic.co.uk

It is a common belief that babies and children should have no structural stresses or strains in their bodies, because they are 'so young'. The reality is very different. Birth is one of the most stressful events of our lives. The baby is subjected to enormous forces, as the uterus pushes to expel the baby against the natural resistance of the birth canal. The baby has to turn and twist as it squeezes through the bony pelvis, on its short but highly stimulating and potentially stressful journey.

The baby's head has the remarkable ability to absorb these stresses in a normal delivery. In order to reduce the size of the head, the soft bones overlap, bend and warp as the baby descends. The baby's chin is normally well tucked down towards its chest to reduce the presenting diameter of the head.

Many babies are born with odd shaped heads as a result. In the first few days, the head can usually be seen to gradually lose the extreme moulded shape, as the baby suckles, cries and yawns. However, this "unmoulding" process is often incomplete, especially if the birth has been difficult. As a result, the baby may have to live with some very uncomfortable tensions and strains within its head and body.

What problems can cranial osteopathy help with in babies?

Some babies cope extremely well with even quite severe retained moulding and compression, and are contented and happy. For others it's a different story, and they can display a variety of problems. Cranial osteopathy may help with:

Digestive difficulties: these may relate to unresolved tension in the rib cage especially in the diaphragm muscle between the abdomen and ribcage.

Muscle tension.

Inability to relax: The baby sleeps for only short periods, and may sleep little in the day (or night!). They wake to the slightest noise- "jumpy". The tension on the bony and membranous casing of the skull keeps the baby's nervous system in a persistently alert state.

Aches and pains.

What problems can cranial osteopathy help with in older children?

As the child grows, the effects of retained moulding can lead to other problems. The following are the most common and may be helped with cranial osteopathic treatment:

Aches and pains.

Muscle tension

Headaches related to muscle tension

Inability to relax

Muscle spasms

Minor sports injuries

Joint pains

Treatment Information

Please see our website (www.woodsdeclinic.co.uk) for further information regarding what happens during a treatment, or alternatively ask at reception and they will get one of our therapists to contact you direct. Our Mother and Baby clinic is currently run on Thursday mornings at our Dunstable clinic and is lead by osteopath Natalie Seager BSc Ost who has over 16 years of experience.