

OSTEOPATHY FOR BABIES

Giving birth to a child is a wonderful, natural event. The process itself though can be stressful for both mother and baby. Babies' heads are naturally bigger than the birth canal. To allow a baby to be born, the bone "plates" in a baby's head are very flexible with some large gaps to allow the skull to be malleable. During birth, the plates get squeezed and they slightly overlap to allow the skull to squeeze through the pelvis. There is also a natural twisting action as this happens. As a baby is being helped out there can also be a degree of strain on their neck, spine and pelvis. Even in a Caesarian section birth there can be a level of strain. Additional pressure on the skull might occur if there is a forceps or Ventouse delivery.



Whilst many babies bounce back from this, some could be left with patterns of strain or imbalance that may have an impact on them either immediately or throughout their development. An osteopath would assess to see if there were any such issues and use very gentle techniques to restore function and balance. The most common technique used with babies is the "cranial" or "cranio-sacral" technique which uses very gentle, subtle movements to effectively address any issues.

Osteopaths are highly trained to degree level or higher. All osteopaths are regulated by law and are classed as Allied Health Professionals recognised by the NHS. Osteopaths are experts in musculoskeletal health.

