

When to Have Your *Healthy Child* Checked by a Chiropractor: The First Year

The transition to parenthood or the addition of another family member is a busy and unpredictable time. Your baby will undergo rapid growth and development during this period, especially of their brain and nervous system. While millions of new neural connections are being created for your child, it is critical to make sure their nervous system remains clear from stress that may otherwise impede their lifelong potential for true health and functioning. Chiropractors specialize in the detection and correction of nervous system stress so that your child can grow and thrive, maximizing their potential for health.

The birthing process, even an uncomplicated natural delivery, can be traumatic to an infant's spine and nervous system. A well-baby check up with your family chiropractor is recommended in the early weeks after delivery to assess for any spinal misalignments which if not corrected can impose unnecessary stress on your infant's growth and function. In otherwise healthy, asymptomatic infants, milestone checkups are recommended throughout the first year to ensure that your child is growing with optimum brain body connection.



Other signals that your infant should be checked by their chiropractor more frequently:

- Difficult or Painful Latch
- Baby Arching Back
- Infrequent Bowel Movements
- Eczema / Rashes
- Frequent Spit Up
- Irritable Baby
- Misshapen Head
- Delayed Milestones
- Frequent Congestion or Illness
- Torticollis / Head Tilt
- Long periods in a baby holding device such as a swing

Family chiropractors are wellness experts who specialize in the correction of spinal misalignments and can advise you on many components of living a healthy lifestyle for all ages and stages of your family members.

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Dr. Karen A. Smith
Family Chiropractic Inc.

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