

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



Your baby's first adjustment

Whether you've been a chiropractic believer for years, or you are new to the chiropractic wellness scene, you most likely have experienced the health benefits of regular chiropractic adjustments, and you're thrilled with the way you feel. However, when your doctor suggests you bring in your newborn for their first spinal check, the fear of the unknown may prevent your child from also experiencing the benefits of chiropractic spinal adjustments.

Many new parents may initially wonder why their newborn would even require a spinal check at such a young age. The reason is simple. The birthing process, whether "natural" or via "cesarean," has the potential to place a great deal of pressure on a newborn's delicate neck and spine. This stress may cause misalignments or subluxations, resulting in health challenges for the baby.

So, what is a typical first adjustment like for your infant?

Chiropractors adjust your baby using the lightest possible pressure to correct subluxations in such a tiny spine. The adjustment requires no more pressure than you would use to test the ripeness of a tomato. Often, you will see amazing changes such as a leg relaxing that has been in the fetal position for months, or a change in your baby's face and body that you can't even describe – so peaceful. Many babies will sleep right through their assessment and adjustment, without waking up!

Once your baby is under regular chiropractic care, and is clear of subluxations, their nervous system is best prepared to develop and adapt to any challenges the world outside the womb may bring.

And as a chiropractor, nothing is more rewarding as knowing that you are helping the smallest of humans discover health in the first minutes or days of life.