

# Chiropractic For Kids!

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## Why do people take their children to a chiropractor?

Research shows that spinal examinations and chiropractic adjustments benefit children with a wide range of symptoms. The spine and nerves are the link between brain and body. There is no reason for children to be excluded from chiropractic medicine. Children have the same problems as adults and adjustments in early years can save immeasurable health costs in later life.

Anyone who hasn't made a visit to a chiropractor may wonder what format treatment takes. Young bodies respond particularly well to chiropractic adjustments. Usually the chiropractor will lay their hands on the child's back and gently line up the vertebrae in their natural position.



**Chiropractors use painless non-invasive manual applications to directly treat the cause of problems. By addressing the cause, often secondary or seemingly unrelated symptoms are helped. These may include asthma, colic, learning disabilities, hyperactivity, headaches, bed-wetting and many others.**

## When to start?

As our children develop and we grow to understand their personalities better, it is easier to know which types of behavior are either normal or out of the ordinary for them. As newborns and tiny babies, how do we know what children are experiencing? Birth itself is so physically traumatic- it's one of the prime causes of subluxations, a pinching of nerves caused by misalignment of the small bones in the spine. Subluxations are suffered in newborns during natural births by pulling, twisting and being compressed in the birth canal. Those delivered by forceps can experience more severe damage. Babies can be checked by a chiropractor within a few hours of birth.

Unrecognized and uncorrected subluxation can cause immediate complications such as respiratory distress or discomfort on nursing. Just as importantly, the problems may be manifested in years to come. These far reaching effects can alter a child's ability to fight disease and can cause ear infections, colic and digestive problems.

Toddlers begin to stand on their own, take steps, tumbles and falls, and the spine again may experience trauma. Deformities can occur if spinal bones lose their normal positioning while the child continues to grow at a fast rate. It is critical for parents to observe children carefully, especially if a heavy bump or fall is witnessed. Check if your child begins to act out of sorts or demonstrate new behavior.

## Early detection is easiest to correct.

The chiropractor is an expert at keeping young bodies as well aligned as possible to best deal with the effects of years upon years of gravity. When children become older, activities that cause undue stress on the spine should be avoided or at the very least be well supervised. Headstands are a classic case of nature turned upside down and should be discouraged. Recent interviews with chiropractors revealed a common criticism regarding the use of trampolines. This activity, perhaps more than any other, brings children into the chiropractor's office.



**Children need to take care of their spines as well as they do their teeth, eyes and ears.**

Just as important as the wearing of safety equipment, children should learn to play safe. **Sports injuries must be taken care of when they happen.** Unfortunately, young people will always believe in their own immortality. Therefore it is critical for parents to create a sense of awareness. How? Listen to your children when they tell you about a fall off a bike or out of a tree. Watch how they play, particularly on trampolines. Talk to them about the wondrous strengths and weaknesses of their bodies. **Education is the key to prevention.**

Spinal weakness and its corresponding health problems can be inherited. Natural parental concern compels us to prevent our children from experiencing the same health problems we have known. Headaches, asthma, ADHD, backaches, nervousness, shoulder, arm or leg pains, constipation and stomach trouble are part of a list of common complaints.

**Schedule regular spinal examinations in the same week as dental check ups to help remember.**

This should be an integral part of a family's preventative health program (Just imagine never taking your children to the dentist!) In this way, if chiropractic treatments are indicated you will have the satisfaction of early detection, ensuring your child a nervous system free from nerve pressure or irritation. You may just get a much happier child.

**We are here to help you raise healthy, happy and drug free children.**

