



the birth is very fast. Babies born in this way can be very quiet for the first few weeks and sometimes feel to the Osteopath as though they were not ready to be born and want to be back in the womb. There can also be a great deal of shock in their system.

Those Osteopaths who work with babies and children would recommend that every baby should be seen for a postnatal check to deal with any strains arising from the birth. The ideal age to treat is at two weeks. None of these strains are pathological and can therefore be lived with quite happily but it is quite heart breaking to see the older child presenting problems, which are in part due to birth strain patterns in his body and which, if dealt with earlier, could probably have prevented the current problems.

Osteopaths are commonly able to completely relieve the symptoms of colic, and can help considerably with restless sleep, and feeding difficulties, as it may be tension in the neck or face which is preventing the baby from latching on properly to the breast or teat. There are always many other factors, which can affect these conditions but Osteopathy can restore the baby's body to optimum function and that can always help.

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