

Giving Your Baby a Healthy Start

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Babies and children present to osteopaths with many types of problems ranging from crying and irritability to headaches and asthma. Many of these problems are the result of trauma during pregnancy and birth.

During the birth process, the baby is subjected to enormous forces as the uterus pushes to expel the baby against the natural resistance of the birth canal. The baby has to twist and turn as it squeezes through the bony pelvis, absorbing these stresses within its head and body.

Birth trauma may cause the following problems:

- Crying & Irritability
- Feeding difficulties
- Colic, Wind & Reflux
- Sleep disturbances
- Projectile vomiting
- Skull moulding from forceps or ventouse deliveries
- Breastfeeding difficulties e.g. preference to one breast, suckling problems
- Flat head
- Club foot (talipes)

Infantile problems resulting from birth trauma include:

- Infections
- Ear Infections
- Hearing problems
- Sinus & Dental problems
- Behavioral & Learning difficulties
- Headaches, aches & pains
- Scoliosis
- Asthma

Unresolved birth trauma causes a common sequence of problems that begin in a young baby, and may persist throughout life. For example...

- A baby suffering from feeding and digestive difficulties such as colic, may cry excessively, leading to poor sleep habits and frequent waking. The baby may be fractious and demand to be carried around for much of the time.
- As the baby grows, it will generally grow out of the feeding and digestive difficulties, but the sleep disturbances may continue for many years and the restless behaviour continues. The child prefers to be on the move and often crawls and walks early because they're not relaxed and content to stay still.
- This continual craving for activity can lead to behavioural difficulties such as hyperactivity.
- Consequently, this can then slow the child's rate of learning when they start school due to poor concentration and difficulty sitting still.
- The immune system is often lowered, resulting in recurrent infections (more commonly in the ear) and asthma.



