

# PEDIATRIC CHIROPRACTIC CARE: A COMPREHENSIVE RESOURCE GUIDE FOR PARENTS



TRULY CHIROPRACTIC

Welcome to our comprehensive guide on pediatric chiropractic care! As parents, you're constantly making decisions about your child's health and wellbeing. This guide aims to provide you with valuable information about how chiropractic care can support your child's natural development and help their body function optimally.

Many common childhood challenges—from sleep difficulties to digestive issues—may be connected to your child's nervous system. This guide will explore how gentle, specific chiropractic care can address these challenges by supporting your child's natural development processes.

Think of this resource as your guide to understanding your child's body from the inside out. Whether your little one is struggling with specific issues or you're simply looking for ways to support their optimal health and development, you'll find valuable information here about how to help your child's body work as perfectly as it was designed to.

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TRULY CHIROPRACTIC



# HI THERE, WE'RE THE TRULY CHIROPRACTIC TEAM!

Truly Chiropractic is a family wellness practice specializing in prenatal, postpartum, and pediatric health located in North and South Austin.



Our team has a passion for educating and empowering families and their children to take control of their health naturally through chiropractic.

Our goal is to balance the nervous system and unleash the power of the body's innate ability to heal from within.

The Doctor Team at Truly has certifications in Webster technique (specific for pregnancy), The Pediatric Experience as well as the Life University Pediatric Adjusting Certification, the ICPA, & BIRTHFIT.

We invite you to start your healing journey and path to experience life to the fullest degree.

# ONE

## CHAPTER ONE

# THE POWER OF A HEALTHY NERVOUS SYSTEM

Your child's nervous system functions like a sophisticated family command center, coordinating everything happening in their body 24/7. Similar to how you orchestrate all the moving parts of your family's busy day, your child's nervous system constantly organizes and manages an incredible array of functions.

This system works behind the scenes during crucial developmental moments—when your baby rolls over for the first time, when your toddler masters a tricky puzzle, or when your school-aged child learns to ride a bike.





# THREE KEY BRANCHES

Your child's nervous system has three main branches working together:

## **The Sympathetic Nervous System:**

Think of this as your child's built-in superhero response. It helps them react quickly when they're about to fall off the monkey bars or gives them that burst of energy for their soccer game.

## **The Parasympathetic Nervous System:**

This is like your family's natural calm-down button. It's essential for those precious moments when your baby finally drifts off to sleep or when your energetic toddler needs to wind down for naptime.

## **The Enteric Nervous System:**

This branch specifically manages digestion—crucial for everything from helping babies process milk to keeping your growing kids comfortable after meals.

## **COMMUNICATION INTERFERENCE**

Sometimes, like static interrupting a phone call, this amazing communication system can experience interference. You might notice:

- Your toddler seems clumsier than usual
- Your school-aged child has trouble sitting still during homework time

This isn't just a phase—it's often about how well their brain is receiving and processing information from their body.

# HOW PEDIATRIC CHIROPRACTIC HELPS

Pediatric chiropractic care works to clear that static and help restore clear communication throughout your child's body. Using techniques specifically designed for children, pediatric chiropractors fine-tune their internal communication system to work as perfectly as it was designed to.

Consider a child learning to write: it's not just about knowing letters—it's about their brain knowing exactly how much pressure to apply to the pencil, how to coordinate tiny finger movements, and how to maintain good posture. All of this requires crystal-clear communication between brain and body.

This nervous system is incredibly adaptable at any age. Whether you're bringing in your baby who's just learning to hold up their head, your toddler who's mastering the playground, or your older child who's developing sports skills, their nervous system can always get better at its job with the right support.

## **Common Improvements Parents Notice**

After starting chiropractic care, parents often report:

- Better sleep patterns (as the parasympathetic system works more efficiently)
- Improved coordination and balance (thanks to better brain-body communication)
- Calmer, more focused behavior (when all systems work together harmoniously)

# TWO

## CHAPTER TWO

### THE DIGESTIVE CONNECTION

Think of your child's digestive system like a carefully choreographed dance. When everything is in sync, it's beautiful—your baby feeds well, processes food comfortably, and has regular, easy bowel movements. But sometimes, this dance gets out of step. You might notice:

- Your baby arching their back during feeds
- Painful gas
- Constipation or irregular bowel movements



# THE GUT'S "SECOND BRAIN"

Your child's digestive system has its own "brain"—the enteric nervous system. This dedicated control center for digestion communicates constantly with your child's main brain through the vagus nerve—a direct hotline between brain and gut.

When this communication is working well, everything flows smoothly. But interference—like static on a phone line—can lead to issues such as:

- Colic (extended crying sessions)
- Reflux (beyond normal spit-up)
- Constipation (which can distress both parent and child)



## Beyond Medication

If your child struggles with constipation, you might have been recommended Miralax as a solution. However, it's important to know that Miralax has never been approved by the FDA for children under 17. A 2014 FDA study found concerning side effects in 167 children taking Miralax, including emotional and behavioral changes.

Products like Miralax essentially override your child's natural digestive processes. The main ingredient works by preventing water absorption, which might provide temporary relief but can interfere with how your child's body learns to digest and eliminate naturally.

# DEVELOPMENTAL TIMELINE + CHIROPRACTIC APPROACH

**During the first few months of life, your baby's digestive system is establishing crucial communication pathways:**

- **From 0-4 months, while on breast milk or formula, their body establishes these pathways**
- **By six months, when solids are introduced, this foundation helps them handle more complex foods**

Pediatric chiropractors work to support your child's natural digestive rhythm by ensuring clear communication between their brain and gut. Using very gentle techniques designed for little ones, they help remove interference that might be disrupting that brain-gut connection.

Parents often report transformations such as:

- Colicky babies finding comfort
- Infants with reflux feeding more comfortably
- Children developing regular, easy bowel movements without medications

Beyond adjustments, pediatric chiropractors provide practical support including:

- Optimal feeding positions that support digestion
- Gentle tummy massage techniques for home
- Natural approaches to supporting regular bowel movements
- Creating a calm environment that promotes healthy digestion

# BLADDER CONTROL AND BEDWETTING

Just like digestive issues, nighttime accidents often have deeper roots in nervous system function. Bedwetting affects between 5-7 million children in the United States—approximately 20% of five-year-olds—and some children continue to experience it into later years.

Bladder control requires perfect coordination between the brain and bladder—an intricate dance that needs to happen even during sleep. The same nervous system that coordinates digestion also controls bladder function. When there's interference in this communication, it can affect both systems, which is why some children experience both digestive challenges and bedwetting.

## **Beyond Traditional Approaches**

You might have tried:

- Limiting fluids before bed
- Setting alarms
- Considering medications

While these strategies might offer temporary relief, they don't address the root cause: the communication between your child's brain and bladder.

## **The Chiropractic Solution**

Pediatric chiropractic care looks at how to support your child's nervous system to function optimally. Using gentle, specific adjustments, chiropractors work to remove interference that might be disrupting crucial communication pathways.

Parents often report:

- Children achieving nighttime dryness for the first time
- Families getting uninterrupted sleep
- Kids regaining confidence for sleepovers and overnight camps

This approach doesn't just put a band-aid on the problem—it supports your child's body in doing what it naturally knows how to do by restoring clear communication pathways between brain and body.

# THREE

## CHAPTER THREE

### THE SLEEP CONNECTION

If you're awake at 3 AM trying to soothe your little one back to sleep, know that you're not alone, and there's hope. Sleep isn't just about getting through the night—it's your child's secret superpower: their body's time to heal, grow, and process everything they're learning.



# THE SLEEP CHALLENGE REALITY

Up to 50% of children experience sleep challenges at some point. But sleep isn't just about having a good bedtime routine or the right room temperature—it starts with your child's nervous system.

Your child's nervous system is responsible for switching between "busy bee" mode (sympathetic nervous system) and "rest and digest" mode (parasympathetic nervous system). When this switching system isn't working smoothly, sleep problems often follow.



## Common Signs of Nervous System Sleep Challenges

Your child might:

- Have trouble settling down at bedtime, even when clearly tired
- Wake up frequently during the night
- Seem tired during the day but get a "second wind" at bedtime
- Be extra sensitive to lights, sounds, or touch when trying to sleep

These aren't random sleep issues—they're often signs that your child's nervous system needs support in finding its natural rhythm.



## **The Foundation of Healing**

Sleep isn't just about rest—it's the foundation of all healing in your child's body. When addressing any health challenge—whether focus issues, anxiety, or physical discomfort—sleep is always a primary consideration. When sleep improves, everything else often follows. Sleep is consistently the #1 improvement parents notice when their children start chiropractic care. Parents often report:

- "For the first time in years, my child slept through the night!"
- "We finally got rid of those midnight wake-up calls!"
- "My child actually wakes up refreshed and ready for the day!"

## **THE VAGUS NERVE CONNECTION**

The vagus nerve—sometimes called the "rest, digest, and regulate" nerve—plays a huge role in helping your child's body switch into sleep mode. Through gentle, specific adjustments, chiropractors help ensure this nerve can do its job properly, allowing your child's body to find its natural sleep rhythm.

## **THE RIPPLE EFFECT**

When children start sleeping better, improvements often appear in:

- Mood during the day
- Focus at school
- Immune system strength
- Energy for play and learning
- Parent wellbeing and rest

Think of pediatric chiropractic care as helping to reset your child's internal sleep switch—supporting their body in remembering how to get deep, restorative sleep naturally. Even small improvements can make a huge difference in your whole family's quality of life.

# FOUR

## CHAPTER FOUR

### YOUR CHILD'S NATURAL DEFENSE SYSTEM

Your child's immune system works like a sophisticated home security system, constantly monitoring what's happening and responding when needed. But this system doesn't work alone –it's in constant communication with your child's nervous system, like two best friends who are always texting each other.



# THE NEURO-IMMUNE CONNECTION

Scientists have discovered special groups of cells throughout our body called neuro-immune cell units—tiny communication hubs where nerve cells and immune cells meet to share important messages.

When your child's nervous system is working optimally, it's like having perfect reception for these important conversations. The brain can quickly send and receive messages about what's happening in the body, and the immune system can respond appropriately. But if there's interference in the nervous system, these messages might not get through as clearly as they should.



## **The Chiropractic Approach**

Pediatric chiropractic care helps ensure these communication pathways stay clear and open—like keeping phone lines free from static. When your child's nervous system can communicate clearly with their immune system, their body is better equipped to maintain balanced, healthy function.

Parents often notice:

- Fewer sniffles and colds throughout the year
- Faster recovery when illness does occur
- Better energy levels overall
- Improved sleep (crucial for a strong immune system)

# SUPPORTING NATURAL FUNCTION

This approach doesn't artificially "boost" the immune system. Instead, it supports your child's body in doing what it naturally knows how to do—like tending a garden to create optimal conditions for your child's natural defense system to function at its best.

The immune system knows exactly how to respond to different challenges—it just needs clear communication from the nervous system to do its job effectively. By removing interference through gentle chiropractic adjustments, chiropractors help your child's body work as perfectly as it was designed to.

## A Holistic Approach

Beyond adjustments, pediatric chiropractors partner with parents to support overall immune health through:

- Understanding the importance of quality sleep
- Supporting proper nutrition
- Managing stress levels (yes, even little ones experience stress!)
- Creating healthy daily routines
- 

Every adjustment isn't just addressing immediate concerns—it's an investment in long-term health by supporting crucial communication pathways between the nervous system and immune system, creating a strong foundation for lifelong wellness.



# FIVE

## CHAPTER FIVE

# SUPPORTING GROWTH AND DEVELOPMENT

Those milestone moments—the first roll over, first steps, first time climbing playground equipment independently—involve an incredible amount of coordination happening behind the scenes in your child's body.



## The Complex Orchestra of Development

Consider learning to ride a bike: it's not just about strength or balance—it's about dozens of systems working together perfectly:

- Eyes need to see the path ahead
- Inner ear maintains balance
- Muscles respond with precise timing and force
- Brain coordinates all this information instantly

It's like conducting an entire orchestra with every instrument playing its part perfectly.

## The Spine's Dual Role

Your child's spine provides structural support for sitting, standing, and moving. Even more importantly, it protects the superhighway of nerves that makes all coordination possible. When your child's spine is properly aligned, it's like having all traffic lights perfectly synchronized on that superhighway—everything flows smoothly.

## Building Brain Pathways

Every new skill your child learns creates new pathways in their brain. When learning to crawl, they're not just getting stronger—their brain is creating an incredibly detailed map of their body and how it moves through space. It's like writing a new instruction manual with every movement they practice.

# THE EARLY ADVANTAGE

Starting chiropractic care early lays a strong foundation, like building a house on stable ground. Through gentle, specific adjustments, chiropractors help ensure that your child's nervous system can communicate clearly with every part of their body, supporting them in reaching milestones naturally and efficiently.

Parents often notice:

- Babies who struggled to roll over suddenly figure it out
- Toddlers are becoming more confident in their walking
- Older children are showing improved coordination in sports
- Better posture (essential in this age of screens)

## **Beyond Physical Benefits**

When a child's nervous system functions optimally, improvements often appear in:

- Learning and concentration, emotional regulation, confidence and self-assurance, overall coordination and body awareness

Every time your child tries something new—from writing their name to riding a scooter to tying shoes—they're building new connections in their brain. Chiropractic care helps ensure there's no interference in the system carrying these important learning signals—like ensuring a strong Wi-Fi signal so your child can "download" all the new skills they're ready to learn.

## **Natural Development Support**

This approach doesn't force development or rush children through milestones. Instead, it supports their body's natural ability to grow, learn, and develop at its own perfect pace by removing roadblocks that might interfere with natural development.

Starting care early helps establish patterns of wellness that benefit children throughout their entire lives—giving them a head start on understanding and caring for their bodies.

# NEXT STEPS FOR YOUR FAMILY

Your child's body is incredibly intelligent. From birth, it constantly works to grow, heal, and develop in perfect harmony. Sometimes, it just needs support to function at its best.

Pediatric chiropractic care can support:

- Your child's nervous system (their body's master control center)
- Natural digestive health and comfort
- Better sleep patterns that support growth
- A strong, balanced immune system
- Overall growth and development milestones

Beyond addressing individual symptoms, supporting your child's nervous system through gentle, specific chiropractic care helps create a foundation for lifelong health and wellness.



## Moving Forward

You don't have to just "wait and see" if your child will outgrow their challenges or accept that some things are "just normal" for kids. Through pediatric chiropractic care, you can actively support your child's body in doing what it naturally knows how to do. Consider how pediatric chiropractic care might fit into your child's healthcare journey. Whether you're dealing with specific challenges or simply want to support optimal development, remember that your child's body has an incredible capacity for health and healing—sometimes it just needs the right support to express that potential fully.

When looking for a pediatric chiropractor, consider:

- Specific pediatric training and certification
- Experience with children of your child's age
- A welcoming, child-friendly environment
- Clear communication about what to expect
- Willingness to answer all your questions

Your child's healthcare journey is unique, and you deserve a provider who respects your role as the expert on your child while offering their professional expertise to support your family's health goals.

Thank you for taking the time to learn about how pediatric chiropractic care can help your child thrive naturally. If you have specific questions about how chiropractic care could benefit your child's unique situation, please reach out to a qualified pediatric chiropractor in your area.



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