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CranioSacral Therapy for Pregnancy and Newborns

WHAT IS CRANIOSACRAL THERAPY?

CranioSacral Therapy is a gentle hands-on therapy that helps the body and whole being to realign to a natural healthful state. Using very light touch, bones of the head, sacrum and areas of the body are subtly shifted to free restrictions. The brain and spinal cord are nourished and protected by cerebral spinal fluid which is encased by the meninges. The aim is to release tensions of the nervous and meningeal systems.

WHAT DOES IT FEEL LIKE?

It can be as relaxing as a massage but with a much lighter touch. You might become energized, or feel subtle shifts in your body, and some people may not feel much at all. You may notice some of the benefits right away or shortly after the treatment. You might feel a general sense of wellbeing or specific tissue releases. Some people experience emotional releases.

HOW ARE BABIES AND FAMILIES TREATED?

With great gentleness and care. Babies are often held by the mother or partner, lay on a flat surface or are held by the practitioner. The baby can be awake, sleeping or nursing. Remaining flexible is important when working with babies and children.

Some children will become very relaxed and may appear to fall asleep, or let out a cry as they release a restriction. Babies (and adults) often benefit from oral work, as they use their sucking reflex to help release restrictions in the head. The child often benefits when the parents also get treated at the same time or separately, as we often find that babies and children hold similar restriction patterns to their

parents and other close family members. A release in one member of the family can help facilitate the release in the other person.

Benefits are often seen after two or three CranioSacral treatments, although this can vary depending on the case.

WHAT ARE THE BENEFITS?

Generally speaking, clients find it very relaxing, rejuvenating and balancing. Some people find that they feel more open to life and energies, and more connected with their bodies and emotions. It is a great complement to other healing therapies and creates a space that allows for deeper healing to occur.

Improving pelvic alignment during pregnancy. Restrictions in the pelvis can be released to allow for smoother passage of the baby. Any residual traumas that haven't been processed and that remain in the body can be released prior to the birth.

Counteracting intervention side effects. If induction, epidural, forceps, vacuum or cesarean births were necessary, there could be residual effects on both mother and baby. Epidurals can lead to babies with a sucking reflex that is not as strong as it should be. CranioSacral therapy can gently encourage the removal of the numbing medication, improve the suck reflex and adjust misalignments in the palate, jaw and cranial bones. Cranial moulding or strong preference to breastfeed on one side can indicate a need for CranioSacral treatment.

Improving sucking reflex and establishing breastfeeding. A good latch is very important right after birth because the body creates more breast milk when there are strong suckling cues. Sometimes the latch and sucking reflex are not efficient because of medications or birth trauma. If a baby is not getting enough milk, this can also be something that makes the baby fussy, and not gain weight. The stress from a fussy baby can also affect the mother, impacting her ability to produce milk. I like to change this negative feedback loop using CranioSacral Therapy for mom and baby, herbal teas and nutritional support for mom.

Improving sleep. This is the next largest concern after the eating concerns. A common and welcomed "side effect" after a CranioSacral treatment is a feeling of being sleepy. This is because the body heals during the parasympathetic or resting state. There could be significant restrictions in the nervous system that can cause discomfort in the baby disrupting their sleep. Once a restriction is released, their ability to fall asleep and stay asleep can improve.

Reducing back and shoulder pain. CranioSacral therapy along with acupuncture and nutritional support can help relieve these tensions from birth and breastfeeding.

Improving the family bond. This is the most beautiful benefit by far. ●

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