



## CRANIOSACRAL THERAPY FOR CHILDREN

Children of all ages can benefit from Craniosacral Therapy. Craniosacral Therapy is a nurturing and calming approach to childhood healthcare. Many common behavioural, social and learning difficulties respond well to Craniosacral Therapy. The treatment process is gentle and supportive to the physical and emotional needs of the individual child.

Craniosacral Therapy is not intended as primary healthcare but to work alongside the relationship you have with your doctor. Registered therapists are accredited by the Craniosacral Therapy Association (CSTA) and use the letters RCST after their names. They adhere to the CSTA's Code of Ethics and requirements for continuing professional development.

## WHERE TO FIND HELP

For more information and to find a practitioner

Telephone 0844 700 2358  
The Craniosacral Therapy Association  
Monomark House  
27 Old Gloucester Street  
London WC1N 3XX

[WWW.CRANIOSACRAL.CO.UK](http://WWW.CRANIOSACRAL.CO.UK)



## CRANIOSACRAL THERAPY

AN IMPORTANT APPOINTMENT  
TO MAKE FOR YOUR BABY'S HEALTH  
AND WELLBEING





## CRANIOSACRAL THERAPY IN PREGNANCY

Some women sail through their pregnancy, whilst for others it can be a bit of a struggle. Whatever your experience, Craniosacral Therapy (CST) can help you in many ways. CST helps to relieve minor ailments, settles nervous and hormonal systems, supports your body's physical changes, and provides a space for quiet reflection and time to bond with the baby growing inside you.

CST is a safe and gentle choice for pregnant women. Sessions are carried out by a CSTA certified practitioner, who will use gentle touch. They typically last up to an hour, during which time you remain clothed, resting in a comfortable position. Pregnant woman may come to CST for:

- Minor pregnancy ailments such as back pain
- Balancing effects on nervous and hormonal systems
- Support for both mother and baby
- Preparing for birth

## CRANIOSACRAL THERAPY FOR BABIES

Parents commonly bring their baby for Craniosacral Therapy in the first weeks following birth.

The baby's mother and/or father will usually be invited to be part of the session and as the baby responds to treatment, this shared experience can deepen the bonds within the new family.

Craniosacral Therapy is beneficial even if the pregnancy and birth were trouble free.

It can also offer support for:

- establishing and supporting breastfeeding
- developing good sleep patterns
- early infant feeding problems including colic, reflux and allergies
- torticollis (wry neck)
- bonding with parents and siblings

Young babies may be cuddled and fed during treatment and older babies can play with their parents and the therapist.

