



CRANIOSACRAL THERAPY

WHAT IS CST AT LITTLE NURTURE THERAPY?

At Little Nurture Therapy I offer Craniosacral Therapy (CST) as a gentle, supportive way to help your baby, child and you thrive. CST is a light-touch, hands-on therapy that works with the body's natural rhythms to release tension and restore balance. Especially in the nervous system.

For babies and children, CST can be incredibly helpful in supporting:

- Birth trauma recovery
- Caesarean section babies
- Colic, reflux, and digestive issues
- Breastfeeding/bottle feeding and latching challenges
- Torticollis and flat head
- Sleep difficulties
- General tension or fussiness

Our sessions are calming, child-led and adapted to meet your little one exactly where they are whether that's in your arms, playing, or simply resting.

At Little Nurture Therapy we believe every child deserves care that honours their unique story and supports their body's ability to heal and grow. CST is one of the gentle ways we help make that happen.

CONTACT: SARAH
SARAH@LITTLENURTURETHERAPY.CO.UK
@LITTLENURTURETHERAPY





GENTLE, ROOT-CAUSE SUPPORT FOR INFANT REFLUX CHALLENGES

Support for you and your baby: What Reflux Really Looks Like:

From One Mum to Another...

If you're here, you're probably worried, exhausted, and full of questions.

You've been told reflux is **normal** but something still doesn't feel right.

At Little Nurture Therapy, I help parents get to the root cause of infant Reflux. No guesswork. Just real, compassionate support for you and your baby.

- Excessive crying
- Arching back or clenching fists
- Hiccups, coughing, or gulping
- Spitting up
- Constantly swallowing
- Sleep struggles or short naps
- Refusing to feed, or feeding constantly
- And more....

If this sounds like your baby, you're not alone and it's not all in your head.

What I Offer:

- 1:1 support to help you understand what's really going on with your baby
- Clear, compassionate root-cause guidance, without the overwhelm.
- Gentle, practical tools that truly support you and your little one.
- Ongoing connection and information.

A Mum's Experience:

Before working with Sarah, I felt so lost. I knew my baby was uncomfortable, but no one was listening. She helped me understand what was actually going on and gave me tools that made a real difference. My baby is now feeding better, sleeping longer, and I finally feel like I can breathe again.

Mum of 3-month-old

SARAH@LITTLENURTURETHERAPY.CO.UK
@LITTLENURTURETHERAPY
WWW.LITTLENURTURETHERAPY.CO.UK

