

10 Signs a baby needs Craniosacral Therapy

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1

Head Shape

Spending time on their back in the same position may cause the bones to shift. This may be due to tension in the neck keeping baby from comfortably rotating their head.



2

Side Preference

The baby may be twisted from cranium to sacrum, so they will turn to the side they feel most comfortable on.



3

Clicking

Could be a sign of tension in the neck, maybe an inefficient latch or Tethered Oral Tissue (TOTs).



4

Shallow latch

It could be that opening their mouth wide is uncomfortable or painful. They often only open wide to yawn, which may also be painful.



5

Dribbling milk

Weak face muscles due to nerve dysfunction may be causing milk to leak out.

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6

Dislike Tummy Time

Any neck tension or facial restrictions along the spine may make it uncomfortable to extend their neck.



Grunty

7

Possibly due to trapped gas, trouble burping, lack of tummy time, or tight back muscles.



8

Poo days

Skipping a day of pooping could mean the neural pathways to their intestines is disrupted in some way.

Crying Continually

9

Baby is trying to tell you something, they could be in pain.



10

One leg Crawl

Baby is showing a side preference. For the brain to function optimally it needs to create neural pathways on both sides.