



When the body feels safe it softens. When it softens it heals.

## Gentle Craniosacral Therapy for Babies

Supporting tiny nervous systems as they adjust to the world

### You may be noticing:

- Colic or excessive crying
- Reflux or digestive discomfort
- Feeding difficulties
- Sleep challenges
- Unsettled behaviour after birth
- Tension or a preference to turn the head one way



Even straightforward births can be physically demanding for a baby. Assisted deliveries, long labours or caesarean birth can sometimes leave patterns of tension in the body. Craniosacral Therapy is an extremely gentle, non-invasive treatment that works with the baby's nervous system and soft tissues to support settling and regulation.

### Using very light touch, sessions may help to:

- Release birth-related trauma
- Support digestion and comfort
- Encourage easier feeding
- Promote calmer sleep patterns
- Help baby feel more settled and at ease

Appointments are calm and unhurried, with plenty of time for feeding, cuddling and responding to baby's needs. Every baby is different. The aim is not to "fix" but to gently support their natural ability to adjust, regulate and thrive.

If you have any questions, you are welcome to get in touch to discuss whether Craniosacral Therapy might be suitable for your baby.



Loraine Manning RCST  
Registered Craniosacral Therapist  
Old Forge Therapies

📍 Leigh, Reigate

☎ 07359 582347

✉ [loraine@oldforgetherapies.com](mailto:loraine@oldforgetherapies.com)

🌐 [www.oldforgetherapies.com](http://www.oldforgetherapies.com)

*Gentle Craniosacral Therapy supporting nervous system regulation and lasting wellbeing*

Design & layout support by Frantastic Virtual Assistant



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## About Loraine

I am a Registered Craniosacral Therapist with a particular interest in chronic pain, nervous system regulation and supporting the body through life's transitions, including pregnancy and later years.

My work is grounded in an understanding of fascia and the way the nervous system shapes patterns of tension, pain and stress. I take a gentle, attentive approach, allowing the body the time and space it needs to settle and reorganise.

Sessions are calm and unhurried and tailored to your individual needs. My aim is not to force change, but to create the conditions in which your body can soften, regulate and restore balance.

## What to Expect

- Sessions are either 60 or 90 minutes and a full case history is taken during your first visit. You remain fully clothed and lie comfortably on a treatment couch.
- Touch is light, subtle and always respectful. Treatment can be given off the body if this is preferred.
- Time is allowed at the beginning to discuss your needs and at the end to integrate the treatment

## Why Nervous System Regulation Matters

When the nervous system remains in a protective state, the body may hold tension, pain or overwhelm.

Supporting regulation allows tissues to soften, breathing to deepen and healing processes to function more effectively.

