



## Infants/Babies & Children

- Helping your little one through their growth and development stages
- Tracking proper growth and development, behaviour, etc.
- Preventative care and treatments using gentle, natural therapies
- Evaluate for proper movement, function and alignment
- Childhood nutrition
- Work with life events
- Holistic Health & Wellness as part of your child's life path
- Reducing nutritional risk and ensuring adequate nutritional needs are met
- Immune support & information
- Children heal more efficiently than adults

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\* ONLINE BOOKING  
AVAILABLE

**Infinity Chiropractic & Wellness Centre** is a family-oriented primary care clinic. Our practitioners offer safe, gentle and effective natural healthcare for the whole family – from newborns right through to seniors.

We believe that quality living is different for everyone. By taking the time to get your family care at any stage in life, you are offering them an opportunity to experience a greater quality of life in the years to come.

## Infants & Babies

### Care for your little ones:

Your baby goes through incredible physical and neurological changes, especially during their first year of life. For optimal growth and development, your little one can be checked periodically by your practitioner(s). Common issues that parents see with their newborns and babies include: torticollis, colicky baby syndrome, nursing difficulties, poor quality of sleep, digestive upset, allergies, postural issues, growing pains, ear infections, asthma, behavioural issues, skin conditions and sensory processing disorders. When children are under holistic care, many parents observe their children's health improve and watch as they reach their developmental milestones on time.



### *Chiropractic Care*

Your child has a spine and nervous system that need to be cared for just like an adult, however, it is actually more effective to have your little one checked; sooner is better during such impressionable times of rapid growth and development. Chiropractors examine and evaluate for proper movement, function, and alignment of the spine. For infants, babies and children, gentle adjustments are used to activate and move the 'stuck' joints. This reduces inflammation and interference to your child's nervous system function and flow.

A quick checklist of life events that would call for chiropractic care: birth, help with breastfeeding, colic, digestive problems, allergies, sleep problems, bed wetting, physical developmental delays, developmental milestones (begin to hold up head, sitting, crawling, walking), colds, ear infections, falls, rough play and when they just aren't feeling themselves.

### *Naturopathic Medicine*

Several factors which profoundly impact health begin early in life. By including Naturopathic Medicine as part of your baby's health care, you will help ensure holistic health and wellness are part of your child's path to a successful future.

Your Naturopathic Doctor will help with and track your little one's growth, behaviour and stages of development, help identify digestive issues, food sensitivities, skin concerns (i.e. eczema) and allergies, assist in immune support (i.e. colds/flu) and will provide natural health education.

### *Registered Acupuncture*

Babies and children are often treated with acupuncture and herbs with great results. A gentle, no needle stimulation technique and acupressure are utilized to address such challenges as respiratory, digestive and skin issues. Your Acupuncturist is able to provide you with techniques you can take home with you.

### *Registered Massage Therapy*

Infants and babies respond well to the power of gentle and soothing touch. Your therapist can send you home with stimulating and soothing techniques to use with your little one.

## Children - Growing Up With A Jump Start!

Just like adults, children are faced with many stressors through their life experiences and daily environments. Whether a concern appears at childbirth, during the toddler years, or anywhere along the path... our care can help at any age.

*Chiropractic* works with the nervous system, the main controller of the body & all of its functions. Your chiropractor will focus on improving the communication between your child's nervous system and the various areas and systems of their developing body. As mentioned in the *Infants & Babies* section, your chiropractor can help with digestive and sleep problems, allergies, bed wetting, physical developmental delays/milestones, colds, ear infections, falls, injuries/rough play and when your little guy or gal just isn't feeling themselves (you may observe this as they often don't say anything).

*Naturopathic Medicine* is extremely beneficial and successful in working with a wide range of health concerns, symptoms and disease. Similar to how Naturopathic Doctors care for your infants & babies (please see *Infants & Babies* section), your ND will use gentle approaches, natural therapies and products to help with your child's nutritional needs, allergies, growth and development, prevention and treatment of disease.

*Registered Acupuncture and herbs* are often used to treat babies and children (with great results!). Gentle, no needle stimulation techniques and acupressure are utilized to address such challenges as respiratory, digestive and skin issues. Your Acupuncturist will be able to provide you with techniques you can take home with you and use on your little one and yourself!



*Registered Massage Therapy* is a safe, effective and natural therapy for all ages. Parents with children suffering from anxiety, sleep disorders, digestive issues, pain/injuries, postural dysfunction, headaches and/or stress often turn to massage for some relief from and improvement in their child's condition. Registered Massage Therapy is also popular for support while making lifestyle changes, whether they be significant or minor life changes.

**Don't Forget Mom & Dad...** *"To be an effective leader, one must run as a well oiled machine"* -MR

**Holistic care** is aimed at the cause of the problem, not just at treating the symptoms. Our team offers this natural, drug-free relief for a variety of health issues.

Take a moment to think about how good you feel on your best day... and ask us how our wellness team can help you and your family take the steps to feel even better!

**CAUTION!!!! Benefits of routine care may include any or a combination of the following:**

- Improved Nerve Communication in the Body
- Improved Joint Motion and Coordination
- Improved Physical Function and Performance
- Improved Posture, Sleep, and Focus
- Improved Digestion
- Increased Energy
- Relief from Back and Neck Pain
- Relief from Leg, Knee, Foot and Ankle Pain
- Relief from Arm, Wrist, Shoulders or Elbow Pain
- Relief from Stress and Tension Disorders
- Relief from Joint Discomfort
- Relief from Arthritis and Bursitis
- Relief from Chronic Injuries

