



# Chiropractic Care for Kids!



## Chiropractic Care for Infants and Children

Many experience Chiropractic as a natural, drug-free way to get healthy. Keeping your spine healthy under Chiropractic care is one of the best ways of keeping your immune system functioning at its optimum level. A spinal check-up is very important. In addition to childbirth, the constant jumping, falling, running, and bumping into things of normal childhood often cause vertebral subluxations. These can cause serious health implications if left uncorrected.



3539 Southern Hills Drive Suite 4  
Sioux City, Iowa 51106  
Mon-Thurs: 9-1 & 3-6  
Fri: 9-1  
**712-274-3353**

## Tips for Healthy Kids

- Drink lots of water
- Sleep 8-10 hours
- Eat SUPERfoods:
  - \*Blueberries
  - \*Sweet Potatoes
  - \*Leafy Greens
  - \*Coconut Oil
- Cut the sugar
- Don't slouch. Sit up straight
- Limit processed foods
- Get Moving! Go for a walk and get some fresh air.



"It's better to **grow**  
**healthy children**, than *fix*  
injured adults!"



## Infants

During the birthing process the amount of force and twisting/pulling asserted to the baby can be their first introduction to misalignments in their spine. Infants can be safely treated immediately after birth by a trained Chiropractor like Dr. Barth. By getting your infant's spine checked, you may be able to reduce the impacts from issues like:

- Colic
- Ear infections
- Reflux
- Feeding issues
- Digestion issues



### **Tummy Time is Crucial for:**

- \*Brain Development
- \*Muscle/Cervical Spine Strength
- \*Motor Control and Coordination



## Toddlers



Let the games begin! Your toddler is on the move. As children hit new milestones and try new things, they will take some falls. This can cause stress on their spine. These little ones are rapidly changing; Chiropractic care can help toddlers with:

- Ear infections
- Allergies
- Asthma
- Bed Wetting
- Digestion issues

\*Just to name a few!!



Chiropractic can help with constipation! Falls can cause nerve stress; and introducing new foods can back things up. Adjustments promote optimal nerve and bowel function.



## Children

Kids are resilient, but do not underplay the impact of falls and injuries. Chiropractic adjustments can help prevent injury and speed recovery times. Regular Chiropractic visits ensure healthy spine development and optimal nervous system function. Chiropractic starts and keeps your children on the right track!



**Back packs** can cause stress to your child's back!

- \*Avoid one-strap posture
- \*Keep the weight of the bag to 10% of child's body weight

When children play video games, make sure to watch for poor posture habits. They can become a real pain in the neck!

