

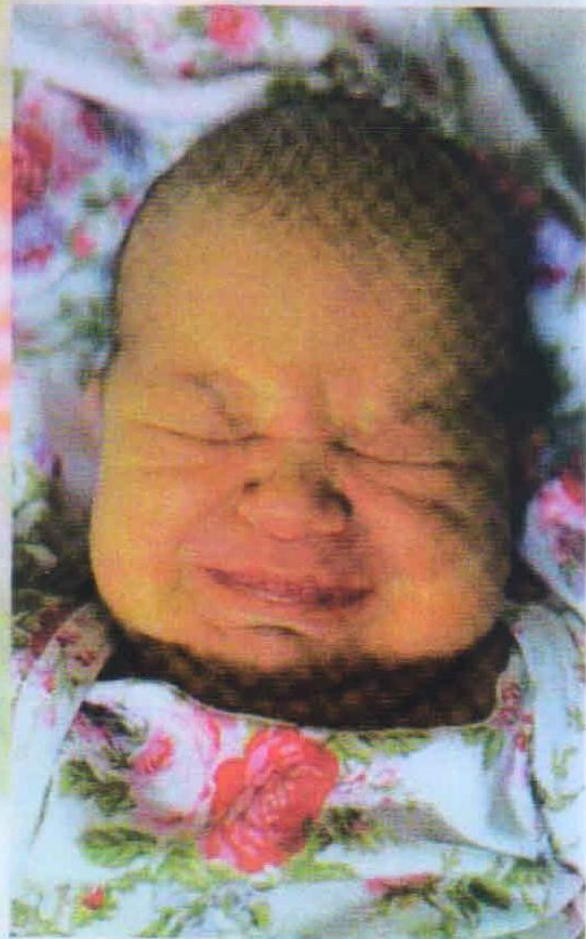
Osteopathic Medicine and Early Childhood

How to know if child needs to be seen by an Osteopathic Physician?

N.B: The Osteopathic Physician does not replace either your pediatrician or any other specialist, on the contrary it is a complementary treatment on one condition that the patient verifies, especially in Lebanon, that the pretending therapist is a certified Medical Doctor at the Lebanese Order of Physicians.

Four verbs that mothers and/or future mothers have to keep in mind; it is necessary to listen, to think, to observe and to look at your child/newborn. We can so expose some situations which would require an osteopathic consultation:

- My child/newborn has an important asymmetry of the skull (plagiocephaly).
- My child/newborn has been crying for more than 3 months.
- My child/newborn has uninterrupted colics.
- My child/newborn has sleeping difficulties.
- My child/newborn has problems taking his nursing bottles.
- My child of 2 months old vomits after every breastfeeding.
- My child has a smaller and more closed eye than the other one.
- My child has chronic otitis and rhinitis in spite of the common medical treatment.



What is the origin of these exposed situations that your child/newborn might present?

Even if the delivery process went well for the mother, it is not easy for the newborn, so the delivery process in itself is a source of tensions inflicted on the newborn especially on his skull this is why a preventive osteopathic treatment at early age is recommended.

Two other major reasons are responsible for the situations exposed above by imposing mechanical dysfunctions and tensions on the skull:

- The use of forceps during delivery.
- Any Caesarian section.

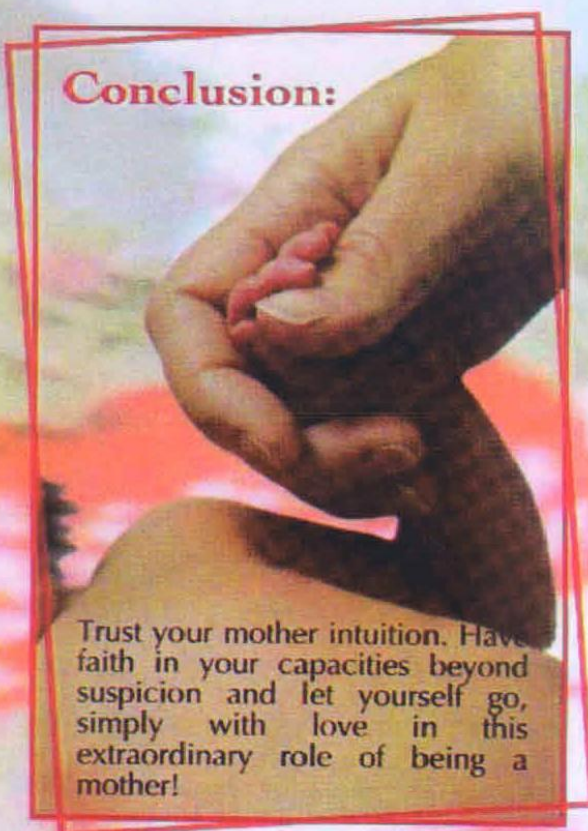
Simple advices for mothers and/or future mothers?

- During daytime, turn your child/newborn from one side to another frequently to equilibrate the weight of the head and to avoid additional distortions or tensions. At night avoid BELLY SLEEPING!
- During breastfeeding, change arm regularly. Always look and speak to your infant/newborn, you will develop his visual and auditory awakening.
- Speak to your child/newborn as if he is a small child, massage him as often as possible, make him listen to music, his awakening will be only better.
- Let him put objects in his mouth as well as thumb sucking; it is important and essential to liberate all cranial tensions from his skull and for his good psychological development.

- do not press your child to walk. He will walk all his life!!! Therefore avoid the trotter; you should not burn certain important steps in his life such as to creep.

- Always remain calm with your child, he is an emotional sponge!!!

Conclusion:



Trust your mother intuition. Have faith in your capacities beyond suspicion and let yourself go, simply with love in this extraordinary role of being a mother!

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OSTEOPATHIC MEDICINE

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