



CranialSacral Therapy: New Applications
Non-Invasive, Gentle Treatment for Colicky, Fussy Babies
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Fussy baby syndrome and tummy problems from colic to projectile vomiting are the most common complaints, along with repeated ear infections, that bring children younger than age one to our Aesclepeion Center for Body Mind Therapy.

An infant with tummy problems may vomit back most of a feeding, cry for several hours each day, wail and pass gas; and have trouble sleeping.

Parents who bring in a baby may have already tried medication advised by the pediatrician, but want to try an alternative route. Most have been referred by a relative, friend, or another holistic practitioner—someone who knows our work or has seen information about our Innerlinks Healing Programs for children.



What do we do?

When first treating a young child, the two of us often work together, preferring a multiple-hands approach. We take a thorough family health history and typically treat an infant once a week for six weeks, in sessions lasting 20 to 50 minutes.

On the first visit, the mother (or father) brings the infant into the treatment room and sets the baby on the padded treatment table. Then we both go to work, lightly and specifically touching the baby, evaluating the motility of the tissues and the organs. (For example, we feel for whether this baby has a tight feeling around its stomach.) We also assess the tissues and bones of the neck and head, since key nerves there can receive trauma during the most normal birth process.

The craniosacral treatment consists of gentle manipulations, then pausing to "listen" for subtle releases of tension within the membrane system. Talk and playfulness also have a role. We may take breaks during the session, allowing the child's body to assimilate the therapy before continuing.

How does the baby react?

Most infants are alert and happy during the examination and treatment. If the baby seems at all distressed, however, we ask the mother to hold the infant during therapy. If a lively baby begins to wiggle or demands to get down, we will call a short break.

The child thus determines the rhythm of the session. We start where the baby is and stay where the baby is. The baby is never held down or restrained.

Each therapy session is different. However, there is almost always a moment when the baby gets very still, and seems to be taking in the treatment—some appear to actually lean into our touch as we work with them.

What are the benefits?

The treatments aim to down-regulate vagal nerve irritability, which in turn normalizes tone throughout the body and organ structures. The treatments also adjust any in utero or birth trauma change, especially in the cranium and ear canal.

Young children respond well to these gentle craniosacral techniques, showing significant change in a relatively short period. Projectile vomiting will often stop after one or two sessions. Fussiness, gassiness, and sleep problems also generally improve, as well as resistance to infection.

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