# Cranial Osteopathy for Newborns

Most babies adapt well to the natural forces of labour. Sometimes, however, birth can be longer, more complicated, or involve interventions such as forceps, ventouse, or caesarean section. In addition, babies may not always have been in an ideal position in the womb. These factors can leave them with areas of tension or “moulding” through the head, neck, and body.

As a GOsC-registered Osteopath with post-graduate paediatric training, over 30 years’ experience, and as a mum of two, I use an extremely gentle approach to support babies with these strains. The aim is to encourage release of tension and restore ease and balance to the body.

When you book, you’ll receive a case history form covering your pregnancy, delivery, and your baby’s early days. I’ll review this beforehand and may ask some additional questions when you come in.

The first appointment usually includes:
- Discussion – about your pregnancy, birth, and your baby’s current wellbeing
- Examination – a gentle check of movement, balance, and any areas of strain
- Treatment – using light touch to help ease tension and support your baby’s comfort and development

Appointments are always led by your baby’s needs and comfort. Feeding, sleeping, or resting in your lap can all continue during treatment.

I may also offer practical suggestions, such as feeding positions, carrying techniques, or simple exercises you can do at home.