

CRANIAL OSTEOPATHY

As the mother of Sam aged 16 months I have very limited experience of Cranial Osteopathy and until a few months ago had never heard of it. I wish I had been told about it much sooner as I believe it has had some beneficial effects on Sam, and feel it is something well worth trying with 'difficult' babies.

Sam was an extremely fractious baby, he cried almost continuously for 8 months, has been difficult to feed and slept for only brief periods until very recently of 2-3 hours at a time.

Sam has only had 5 sessions with the osteopath, after the first he ate everything that was given to him, but the effects were not long lasting. After the second session he was much calmer for about 5 days, and started sleeping better at night for 3-4 hours at a time. After the third he was again much calmer and happier during the day, ate better and slept better during the night for about 5 days. After the fourth I didn't notice any real improvements, but since the fifth session his sleeping has been, very much improved, the first three nights after his treatment he slept for a staggering 8 or 9 hours at night, and now although it has been three weeks since his last session his sleeping is quite manageable. He wakes only twice in 12 hours due to hunger and returns to bed immediately after his bottle. He eats better during the day (about twice as much solid food than a month ago) and is now quite a happy child.

To some extent Sam is now a few months older and has grown out of some of his 'baby ways', but there have been such noticeable improvements immediately after going to the osteopath, I feel that it has really helped him.

My understanding of Cranial Osteopathy is that the cerebral fluid surrounding the brain and spinal cord has a natural pulse which can develop an abnormal rhythm, and the Cranial Osteopath very gently massages the head, neck and spine to get that pulse back to the natural rhythm. The massage is so gentle that you can barely see his fingers move, the session lasts for about 30 minutes. Sam really enjoys the sessions and last time fell asleep during it, so it must be very relaxing. It is quite expensive at £18.00 per session, but life is so much easier now, I feel it is worth it. Cranial Osteopathy is also worth trying with very young babies who have had a difficult birth and for older children who have suffered head injuries. There are not that many osteopaths who specialize in this area, but I am sure any local osteopath would be able to find out where you could get this kind of treatment.