

TREAT THE PATIENT
INFRONT OF YOU!

PEDIATRICS

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OBJECTIVES

TOPICS FOR DISCUSSION

The First 1000 days

Taking a Thorough History

Checking Nervous System Integrity

5 Common Pediatric Issues

SOMETHING TO THINK ABOUT

You cannot evolve unless you
are willing to change.

- LEON BROWN

A photograph of two young girls sitting in a field of green grass. The girl on the left has long, wavy brown hair and is smiling broadly. The girl on the right has long, straight blonde hair and is also smiling. They are both wearing light blue dresses. The background is a soft-focus green field.

WHAT IS OUR "WHY"?

TO RESTORE OPTIMAL FUNCTION & GIVE POWER
BACK TO THE PATIENT



THE FIRST 1000 DAYS

CRITICAL WINDOW OF NEURODEVELOPMENT

From conception to age 2

The seeds of a baby's health are planted in utero and they continue to grow throughout childhood with the first 2 years outside the womb being of utmost importance.

The most neurodevelopmental leaps are during this part of life.

TAKING A THOROUGH HISTORY

PHYSICAL STRESS

falls, containers, sleep, birth, in-utero,

CHEMICAL STRESS

nutritional, medications, supplements,
water, environmental, vaccines

EMOTIONAL STRESS

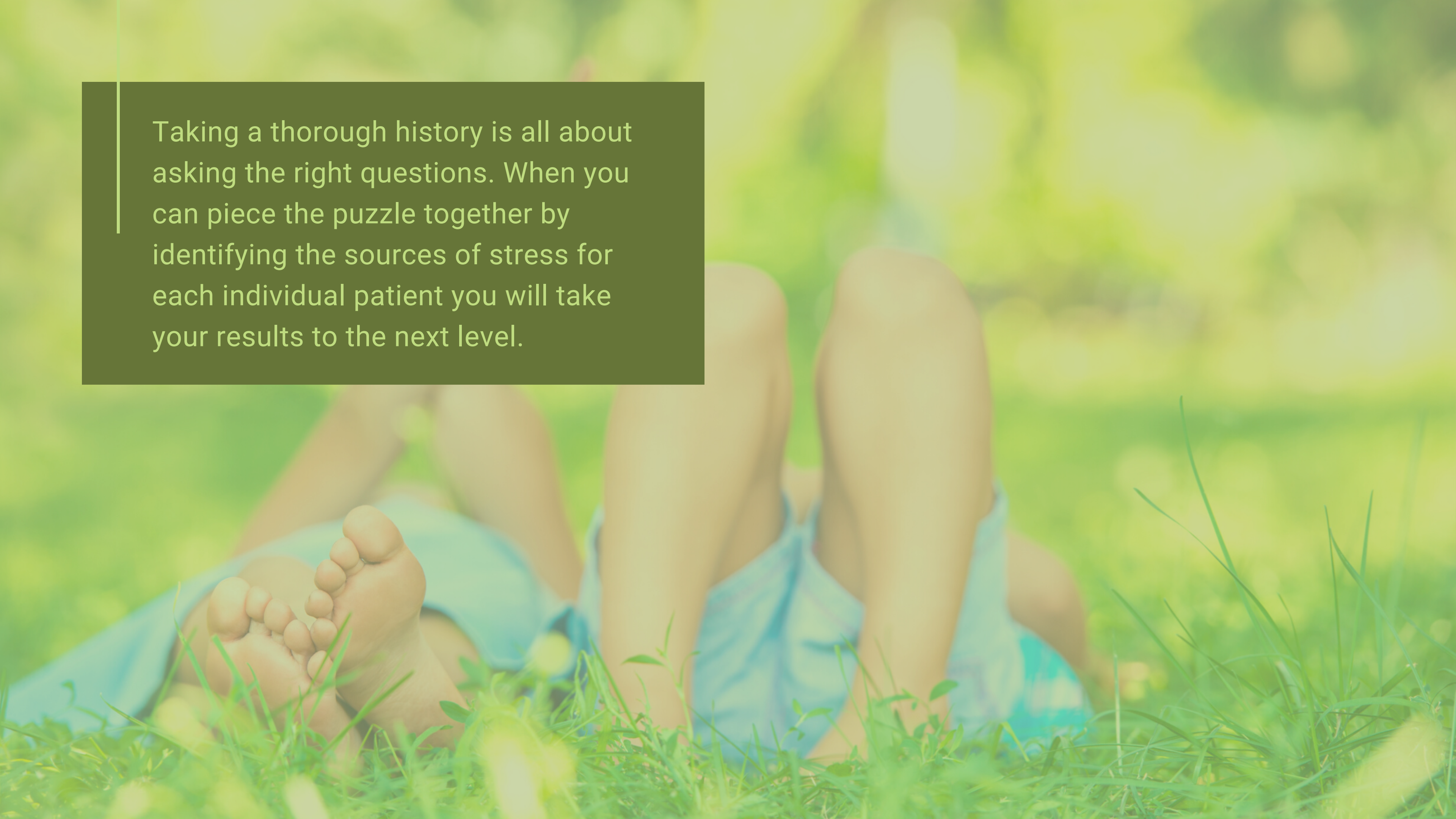
parents' stress--work, money,
relationship; home, school, traumas

TECHNOLOGY STRESS

screen time, EMFs

TOTS STRESS

tongue, lip, buccal

A person is sitting on a green lawn in a park. The person's legs are visible, wearing blue shorts. Their feet are in the foreground, resting on the grass. The background is a blurred green field with trees and a path. A dark green rectangular box is overlaid on the left side of the image, containing white text.

Taking a thorough history is all about asking the right questions. When you can piece the puzzle together by identifying the sources of stress for each individual patient you will take your results to the next level.

Preconception

- medications/supplements/diet
- infections/ diagnoses
- emotional/immune/physical health
- work/financial/relationship stress
- digestive issues- GB removed
- musculoskeletal pain/headaches
- thyroid/fertility issues
- occupation
- dental work

Pregnancy

- how long did pregnancy go and mother's age
- medications/supplements/diet
- how many ultrasounds/ invasive procedures
- issues during pregnancy/illnesses
- digestive issues-- GB issues/removal, heartburn, constipation
- physical/ emotional health
- musculoskeletal pain/ headaches
- global issues
- thyroid
- chiropractic care

PRECONCEPTION/PRENATAL

HISTORY OF MOM & DAD

You can find out so much good information about a child by asking about their parents' health prior to conceiving. Is their foundation solid or sandy?

During pregnancy the mom and baby are one unit. What was the mother experiencing--physical, chemical emotional stress-- during pregnancy.

BIRTH HISTORY

- location, medications used, induction?
- type of birth
- provider
- mothers position during delivery
- problems during labor/delivery
- birth trauma- bruising or spots, odd shaped head, respiratory depression, cord wrap, stuck, fast or long birth
- apgar scores, jaundice, cyanosis, congenital anomalies, ties



INFANT HISTORY

- Breastfeeding/Ties, when did they wean
- formula. rice cereal, solid introduced
- vaccines- reactions?
- digestive-- BMs, reflux
- mother's mental health PP
- chiropractic care? head shape, favoring
- illness/ meds/ supplements
- sleep habits



GENERAL

- Tummy Time
- car seat
- containers
- pincer grasp
- gestures/points

ROLLING & CRAWLING

- when?
- rolled from the hip, belly to back and back to belly over left and right shoulder
- rocking on All 4's
- 4 point crawl
- how long did they crawl?

Milestones

WALKING

- when? stable or unstable
- toes in or out?
- toe walking
- running/jumping

TALKING

- When?
- mimic, clear sounds, clear words, lisp
- multiple words, sentences formed
- can a stranger understand them?
- any intervention?



GUT HEALTH

BOWEL MOVEMENTS

poops at least daily- formed? really smelly? undigested food, color, mucus, sticky, gas/ bloating

DIET

Sensitivities, restrictions, diets in the past (DF/GF), sugar, veggies, water

ANTIBIOTIC USE

Mom's history prior to pregnancy, during pregnancy, labor, and their childhood

GENERAL HISTORY

SLEEP

Where, getting enough, waking up in the night, hard time falling asleep, mouth breather

FALLS

Minor, major, stitches, concussion

LIFESTYLE

Screen time, outside time, school, siblings, family time, daycare, medications, supplements



CHECKING INTEGRITY OF THE NERVOUS SYSTEM

INFANT

- Head lag gone by 6mo
- Overall muscle tone
- Milestones (including breastfeeding)
- Primitive Reflexes
- Eye Tracking

CHECKING INTEGRITY OF THE NERVOUS SYSTEM

OLDER CHILD

- Primitive Reflexes
- Eye Tracking
- Cross crawl
- jumping/hoping/standing on one foot
- catching
- Pupil Dilation

THE TOP 5 PEDIATRIC ISSUES

THAT WALK INTO MY OFFICE

- Colic/Reflux
- Constipation
- Nursing Issues
- Plagiocephaly
- ADHD



Colic/Reflux

ORGAN

CMRT- ICV, Stomach,
Pancreas, GB, Intestine,
Liver

STRUCTURE

Diaphragm/psoas
rib release
TOTS

GENERAL

meds
moms diet
breastfeeding/latch

SUPPLEMENTS

Digestive enzymes
probiotic
herbs

Constipation

ORGAN

CMRT- ICV, Stomach,
Pancreas, GB, Intestine,
Liver

STRUCTURE

Sacrum, Pelvis, Lumbar

GENERAL

Diet- dairy, sugar, gluten
water

SUPPLEMENTS

Digestive enzymes
probiotic

Nursing Issues

STRUCTURE

Cranial work
Cranial Strain Patterns
TOTS

EXERCISES

Moro-modified clams
cross crawl
same sides-laterality
suck retraining
cheek/lip tension release
stimulate rooting reflex
eye tracking
tongue lateralization

GENERAL

latch
mom's stress

TEAM APPROACH

Lactation Counselors
Speech Therapists
Occupational Therapist
Pediatric Dentists

Plagiocephaly

STRUCTURE

Dural Release
Cranial Work
Cranial Strain Patterns
1st Rib
Upper Neck
Diaphragm/psoas

EXERCISES

extension
C stretch
eye tracking
cross crawl
same siders (more on
opposite side turned to)
Moro- modified clams

GENERAL

Tummy Time
No containers
Noggin Nest
Belly Sleeping
Baby Wearing

OTHER CONSIDERATIONS

TOTS

ADHD

STRUCTURE

C1
Cranial Work
Cranial Strain Pattern
TOTS

NEURO

Primitive Reflexes
Visual Processing--
RightEye
Moro Exercises
Cross Crawl
BOBO-vestibular
Proprioception for calming

GENERAL

meds
Diet--gluten free, dairy free
sugar
Screen time
Sleep
Overall stress

SUPPLEMENTS

Digestive enzymes
probiotic
DHA
Magnesium

Touch Base With Me!



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INSTAGRAM

1st Step Family Wellness

CHECK OUT SOME OF THE GREATS IN PEDIATRIC CHIROPRACTIC

TO LEARN MORE

MONIKA BUERGER

Intersect4life &
Developing Minds
University-- Gut health,
development, neuro,
methylation, sensory,
chronic infection

CLAUDIA ANRIG

Generations--How to
speak chiropractic and
educate your patients.
How to set up your
practice to focus on
family wellness.

STEVE WILLIAMS

SORSI, Pregnancy &
Paediatrics A
Chiropractic Approach
(BOOK), Cranial strain
patterns, SOT®
instructor

SUZANNE SEEKINS

SORSI, SOT®
instructor, Cranial
work, CMRT, Chronic
Infection, Pediatric and
pregnancy conditions

MARY UNGER-BOYD

SORSI, SOT®
instructor, Cranial
work, CMRT, TOTS

HOWARD LOOMIS

Food Enzyme Institute-
Proper digestive
function, gut health,
healing with enzyme
therapy