



# CRANIOSACRAL THERAPY FOR CHILDREN

Craniosacral Therapy is a gentle, non-invasive, holistic treatment which strengthens a child's natural ability to heal. In children, it can help restore normal adaptability and enhance physical, mental and emotional efficiency during critical periods of rapid growth and development.

Our certified Pediatric CranioSacral Therapists have the advanced skills and experience to work with the more delicate and subtle needs of children.

We treat children for a variety of conditions including, but not limited to:

- Feeding or oral motor problems
- Colic or periods of inconsolability
- Digestive issues
  - Reflux
  - Vomiting
  - Excessive gas
  - Constipation
- Torticollis (wry neck)
- Plagiocephaly (misshapen head)
- Sensory processing dysfunction
- Sinus congestion or infections
- Developmental delays
- Behavioral issues
- Autism
- ADD/ADHD
- Poor sleep
- Failure to thrive
- Ear infections/fluid in ear(s)

## IS CRANIOSACRAL THERAPY SAFE FOR MY CHILD?

Yes. Craniosacral Therapy is gentle, non-invasive and has extremely few contraindications. It is considered safe for all ages, including newborns.

## WILL MY CHILD NEED TO LAY ON A TABLE OR REMAIN STILL DURING TREATMENT?

No. We ensure your child's comfort during treatment and encourage creative, therapeutic play. For the most part, our therapists can work in whatever position is most appropriate for your child, often utilizing toys, books and parent interaction to help keep the child calm and comfortable during treatment. At times, it may be necessary to eliminate distractions and maintain positions briefly to accomplish certain components of treatment. Our therapist may ask for your help at these times.

## WHAT WILL MY CHILD'S FIRST SESSION BE LIKE?

During a one-hour Initial Evaluation & Pediatric CranioSacral Therapy Treatment, the therapist will review your child's medical history with you, answer any of your questions or concerns, conduct a therapeutic evaluation of your child, and do a full CranioSacral Therapy treatment on your child.

## HOW MANY TREATMENTS WILL MY CHILD NEED?

The number of treatments recommended depends on the need(s) of the child. After their Initial Evaluation & Treatment, we typically recommend a minimum of three follow-up visits within the first 10-14 days for maximum benefit and to achieve specific goals. Follow-up visits for infants and young children are usually 30 minutes in length and for older children between 30-45 minutes. Your child's therapist will discuss their specific recommendations for the frequency and number of follow-up visits with you at the end of the initial evaluation.

*My baby has had a chronic ear infection in the past year, and for the last 7 weeks has been plagued with two ear infections. She went through 4 different antibiotics. It took two CranioSacral sessions, but we went back yesterday and the ears are 100% healed. It truly made all the difference!"*

- C.G. Orlando, FL



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