

Your Baby's First 100 Days

Supporting development from the inside out.



Vitalise Chiropractic

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Hi!

I'm Dr. Christina —
chiropractor, mama, and
founder of Vitalise
Chiropractic in Virginia
Beach.



Those first 100 days with your baby are filled with wonder, new rhythms, and big adjustments for both of you. Chiropractic care during this stage can help your baby's nervous system function at its best — supporting digestion, sleep, and healthy development.

This guide offers gentle ways to understand your baby's growth, spot signs of tension or imbalance, and know when chiropractic care can make a difference. Each baby's journey is unique, and my goal is to help you feel confident and supported along the way.

With love and care,

Dr. Christina Lowenthal, D.C.

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Key Developmental Milestones (First 100 Days)



- Weeks 1–4: Reflexive movements, beginning to lift head briefly
- Weeks 5–8: More eye contact, cooing, improved head control
- Weeks 9–12: Starts rolling, tracking objects, discovering hands
- Weeks 13–16: Building tummy strength, pushing up on arms, smiling more often

How Chiropractic Helps Your Baby Thrive



Gentle pediatric chiropractic care supports your baby's developing spine and nervous system— helping them adapt to life outside the womb.

Benefits may include:

1. Easier digestion and reduced gas or colic
2. Better sleep patterns
3. Improved latch and feeding comfort
4. Calmer demeanor and relaxed body tone
5. Balanced movement and growth

Baby Body Check: Subtle Signs of Tension

Watch for gentle cues that your baby may be holding tension:

- Prefers turning head one direction
- Arches back during feeding
- Trouble latching or favoring one side
- Flat spot on head or uneven movement
- Persistent fussiness without clear reason



At-Home Connection Tips

- Practice daily tummy time with supervision
- Use slow, rhythmic rocking and gentle infant massage
- Alternate holding positions to support balanced movement
- Create calm routines that nurture nervous system regulation



Schedule Your Baby's First Chiropractic Check

Curious if your baby's nervous system is thriving? Schedule a gentle, supportive visit today.



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