

Baby's First Adjustment

Your Baby's First Weeks: Alignment, Comfort & Wellness



Vitalise Chiropractic

5301 Providence Rd. Suite 80, Virginia Beach, VA 23464

(757) 937-0273 | vitalisechiropractic.janeapp.com | [@vitalisechiropractic](https://www.instagram.com/vitalisechiropractic)

Welcome to Vitalise Chiropractic — I'm Dr. Christina Lowenthal, and I'm so honored to guide you through your baby's first adjustment. If you're reading this, you're likely an expecting or new parent who wants to give your little one the healthiest start possible, and you're in the right place.



Parents often tell me they want:

- A calmer, more comfortable baby
- Better sleep routines
- Easier feeding
- Less tension and discomfort
- Support during major developmental milestones

Gentle, pediatric-focused chiropractic care can help with all of these — and more.

This guide will walk you through what newborn chiropractic care looks like, why it matters, and how we support your family every step of the way.

Your baby's wellness journey begins here. 🧡

Why Newborns Can Benefit From Chiropractic Care

Whether baby arrives vaginally or by C-section, birth is a big event for their tiny body. Common reasons parents bring newborns to Vitalise include:

✦ 1. Feeding Difficulties

Trouble latching, preference for one side, or jaw tension.

✦ 2. Torticollis & Head Position Preferencing

Looking one direction more often; flat spot prevention.

✦ 3. Digestive Discomfort

Gas, reflux, fussiness, constipation.

✦ 4. Sleep Challenges

Difficulty settling, frequent waking, restless sleep.

✦ 5. Full-Body Tension

Arched back, clenched fists, stiff movements.

✦ 6. Birth Trauma or Interventions

Forceps, vacuum, long pushing stage, fast birth, or C-section.

✦ 7. Developmental Milestones

Supporting rolling, crawling, sitting, and tummy time comfort.

Newborn adjustments help balance the nervous system and restore ease to the body — safely and gently.

What a Baby Adjustment Looks Like

Parents are often surprised at just how *gentle* newborn chiropractic care is.

Here's what to expect:

- ✓ **Touch pressure no heavier than testing a peach's ripeness**
- ✓ No cracking, twisting, or popping
- ✓ Adjustments done while baby is:
 - in your arms
 - snuggled on the table
 - nursing
 - or even asleep

Common techniques we use at Vitalise:

- Light fingertip pressure
- Gentle cranial work
- Gentle spinal mobilization
- Soft tissue release
- Nervous system calming techniques

Many babies relax, yawn, or even fall asleep during their first visit.





Signs Your Baby May Benefit From Care

Does My Baby Need an Adjustment?

- ✓ Feeding or latching difficulty
- ✓ Prefers one breast / turns head one direction
- ✓ Flat spot developing
- ✓ Tight jaw or clicking sounds
- ✓ Fussy or colicky behavior
- ✓ Reflux or frequent spit-up
- ✓ Gas / constipation
- ✓ Arched back or stiff movements
- ✓ Restless sleep
- ✓ Difficulty with tummy time

These are all signs of tension patterns we specialize in relieving.

Safety: What Every Parent Should Know

Pediatric chiropractic care is incredibly safe when performed by a trained provider.

At Vitalise Chiropractic, we use methods specifically designed for infants:

- ✓ **Extremely gentle, low-force techniques**
- ✓ **No thrusting or twisting motions**
- ✓ **Fully baby-led and comfort-based**
- ✓ **I explain every step as we go**
- ✓ **Parent involvement throughout the entire visit**

My goal is always to support your baby's nervous system in the most nurturing, gentle way possible.

What Results Are Common?

Every baby is unique, but parents often notice:

- ✨ Easier feeding
- ✨ Improved latch
- ✨ More relaxed body + better movements
- ✨ Improved sleep patterns
- ✨ Less gas, fussiness, and spit-up
- ✨ More comfort during tummy time

✦ More balanced head position

✦ Happier, calmer demeanor

Many parents also say:

“I didn’t realize how much tension my baby was carrying until after the adjustment.”

Your First Visit at Vitalise Chiropractic

Here's what happens during your baby's initial appointment:

1. A warm welcome + a baby-led pace

Your little one sets the tone. Crying is okay, feeding is okay — everything is okay.

2. Detailed consultation

Birth story, feeding, sleep, digestion, and how baby is functioning day to day.

3. A full neurologic + structural exam

Gentle, thorough, and explains *why* baby might be uncomfortable.

4. If appropriate, a tailored adjustment

Completely specific to their needs.

5. Parent education

Stretches, feeding positions, tummy-time strategies, and what to expect at home.

When Should Baby Come Back?

Most newborns begin with **a short period of frequent care** (2–3x/week) for the first 1-4 weeks to create stability.

Then we shift to:

- ✓ *Maintenance*
- ✓ *Developmental check-ins*
- ✓ *Or as-needed care*

Common milestone visits:

- 2 weeks
- 6 weeks
- Rolling
- Sitting
- Crawling
- Walking

Your baby's body is growing fast — chiropractic helps it grow *well*.

A Note for Moms



So many times, mom hands me the baby and says, “Make *them* feel better.”

Then I look at her...
and gently say...
“You deserve care too.”

Birth is big for mom’s body — physically, emotionally, and hormonally.

That’s why new moms at Vitalise always receive a **complimentary tension check** during baby’s first visit.

You deserve to feel supported — and your baby benefits when you do.

Ready to Schedule?



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 **Book Online Anytime:**  **Book Online at Vitalise Chiropractic**