

CranioSacral Therapy on a Newborn

By: MeriJayd O'Connor

I received a call from a midwife asking if I could do a home visit to work on a newborn who was having trouble nursing. The baby boy was born the night before at home with a long labor and some difficulty birthing the shoulders. The midwife had the mom birth on all fours to help the shoulders shift. Overall, the baby was healthy but he had a hard time opening his mouth and he did not cry loudly. The mom said she could not get him to open his mouth to receive the nipple.

I placed the baby on my lap on top of a large pillow. I introduced myself to the baby and asked him if I could work with his body to help him better do the things he wanted to do. I held my hands above his body and waited for an energetic "yes" or opening to place my hands onto his body. It didn't take long and I placed one hand on his sacrum and the other over his lower body to tune into the CSR. The sacrum moved in flexion and extension, but the coccyx curved towards the left side of the body during the last bit of flexion. His inherent energy and vitality was strong. I lifted his pelvis slightly off of the pillow to see if he wanted to do some movements. His body curved strongly to the left into a "C" shape. I followed until I perceived the end of the movement and held him there until I felt a tissue release sign. The CSR was off and I felt some heat release. The sacrum began to drop into my hand and then there was a strong straightening of the body out of the "C" shape. After that, the sacrum moved in a more balanced pathway.

Next, I worked with the respiratory diaphragm and notice a nice softening and dropping down. I moved my way to the thoracic area and here the tissues seemed frozen and not accessible. I adjusted my touch to 0-1 grams and re-blended with the tissue. I also pulled my energy way back, even to the other side of the room. I gently suggested to the baby verbally, take whatever you need and disregard the rest. I also encouraged him to tell us about it, or let go of whatever he wanted. I worked slowly and gently and the tissues began to show their movements and the frozen feeling began to soften. I felt heat releasing and the clavicles wiggled almost vibrated apart into a widening sensation. I stretched my fingers to reach the throat muscles and hyoid region. There was a strong pulling sensation and connection from the clavicles into the bottom of the mouth and jaw. I could feel the deep therapeutic level that the baby was in and I just waited and hung out there for a few minutes. Suddenly the baby turned his head quickly to his left and back to center. He then opened his mouth wide and let out a strong loud cry. It was a cry of release as I felt the pulling sensation lessen and the throat tissues soften and spread becoming more balanced.

I finished the session with a quick check in with the vomer to make sure it was in balance. It was in sync and I just gently encouraged the movement a few cycles. I checked in with the cranial bones and CSR. I offered some energy at the cranium with the intention for the baby to do what it would like to do with it. I gently opened the cranial base. Everything responded very quickly. The baby was calm now and overall his body was more relaxed and his legs were stretched out more.

Since the session only took about 25 minutes, I had time to work on the very exhausted mom. A few days later, the midwife called me to report that the baby nursed very easily all night long and continues to do well. She was very impressed and I have continued to receive referrals from her. The nursing problem was corrected with one 25 minute session costing \$80.