

Kids Helpful Hints

Your Child's Spine Protects The Body's Most Powerful System

The Nervous System

The brain talks to the body through nerves.

Vertebrae protect the nerves to allow for proper function of ALL organs!

Why Would I need my child checked by a Chiropractor?

Physical Stress

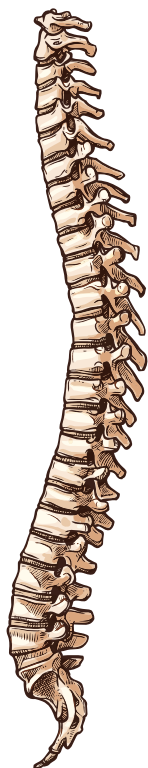
- Walkers & play-yards can place excessive weight and stress on an infant's spine before it is ready.
- As a child hits new milestones and tries new things, they will take some falls. This can cause stress on their spine
- Childhood sports injuries are on the rise. Keep your child geared up. Change it up to avoid overuse/repetitive use injury. Chiropractic adjustments help prevent injury and speed recovery times.

Chemical Stress

- Breast feeding is best.
- Create smart, healthy eating habits early.
- This generation of children is the most medicated & vaccinated in our history. Do your due diligence of studying side effects before allowing any chemicals in their body.

Emotional Stress

- Soothe and cuddle your baby. It is crucial to their emotional development.
- Growing up isn't easy. Be sensitive to emotional stress in your child's life.
- Listen to your children. Make sure they have someone to talk to. Getting stressed out isn't just something that happens to adults.



We get ONE SPINE for a LIFETIME...

It's best to take care of it right from the start!

Parents all know it is important to take their children for routine dental check-ups and cleanings. The bones in our back are just as important as our teeth. Routine wellness visits are essential for optimal health!

Tips for Healthy Kids

- Cut the sugar. Limit processed foods
- Drink lots of water
- Super Foods: Blueberries, Sweet Potatoes, Leafy Greens, Coconut Oil, Salmon, Broccoli.
- Stay on the outside of the grocery stores. (If it can sit on the shelves for months, you probably shouldn't be eating it.)
- Sleep 8-10 Hours/night
- Add exercise BEFORE video games: Push-ups, Jumping Jacks