



CLEAR CONNECTIONS  
CHIROPRACTIC

# From Colic to Better Sleep:

How Gentle  
Chiropractic Helps  
Babies Thrive

A Parent's Guide to  
Natural Relief for Their Newborn



# Dear New Parent,

**First, take a deep breath. You are doing an amazing job.**

If you're reading this, you're likely in the thick of it; soothing a fussy baby, navigating feeding challenges, or surviving on broken sleep. You've tried everything: rocking, swaddling, white noise, and every trick in the book, yet your little one still seems uncomfortable.

It can be heartbreakingly to feel like you can't console your baby.

What if the root of these challenges isn't just "something they'll grow out of," but something that can be gently and naturally addressed?

The answer may lie in your baby's nervous system. This guide will explain how the birth process, even natural, healthy births, can cause subtle misalignments that affect a baby's comfort and how gentle, specific chiropractic care can help your baby thrive.



Sincerely,

Dr. Krystal & Dr. Sean  
Clear Connections Chiropractic





# Why We Do What We Do ❤️

At Clear Connections Chiropractic, our mission began long before our son was born. We opened our doors in 2011 with a vision to help families live healthier, more connected lives through chiropractic care.

But in 2019, everything changed. Our son, Jayden, was born at just 32 weeks, weighing 2 pounds 12 ounces after pregnancy complications. We were told he might never breathe on his own and would likely face lifelong health challenges. As parents, those words were devastating, but we held onto hope and trusted the body's incredible ability to heal.

Through faith, love, and consistent chiropractic care, we watched Jayden grow stronger each day. Today, he's thriving in kindergarten, a smart, energetic, and thoughtful boy who is a living example of how powerful the body truly is when it's supported from the inside out.

Jayden's journey deepened our purpose and led us to focus our work on neurologically based pediatric care. We know what it feels like to search for answers, to want the best for your child, and to never give up hope. That's why we're so passionate about helping other families find the same healing, confidence, and connection we've experienced.

At Clear Connections, you're not just a patient. You're family, and your story matters here.

Love,  
Dr. Krystal & Dr. Sean

# The Path to a Happier, Healthier Baby

01 —

## Easing Colic & Soothing the Fussy Baby

Colic is often a mystery, but research suggests it can be linked to digestive discomfort and an immature nervous system. Birth can put stress on a baby's spine, particularly the upper neck and mid-back, which house nerves that control the digestive system. Gentle adjustments can ease this stress, helping the gut function more comfortably and providing relief from the intense, unexplained crying.

02 —

## Supporting Restful Sleep (For Baby AND You)

A baby who is in discomfort has a hard time falling and staying asleep. When their little body is free from nerve irritation and tension, the "rest-and-digest" part of their nervous system can finally take over. Parents often report that after care, their babies sleep more deeply and for longer stretches. (Imagine what you could do with an extra hour of sleep!)

03 —

## Improving Latch & Supporting Breastfeeding

A difficult latch can be frustrating and painful for both mom and baby. It can often be related to tension in the baby's neck (torticollis) or jaw (TMJ) from their position in the womb or during birth. By gently releasing this tension, we can help your baby turn their head more easily and open their mouth wider, leading to a deeper, more effective, and less painful, latch.

04 —

## Relieving Reflux & Digestive Issues

Spitting up is normal; constant, painful reflux is not. The nerve that controls the valve at the top of the stomach (the vagus nerve) can be irritated by spinal misalignments. When this valve doesn't function properly, stomach contents can come back up. Gentle care helps normalize nerve function, which can significantly reduce these uncomfortable symptoms.

05 —

## Encouraging Balanced Motor Development

From tummy time to rolling over, every milestone requires a balanced musculoskeletal system. Misalignments can create asymmetries (like a preference for turning their head only one way) that can affect crawling and walking. By ensuring the spine and joints are moving correctly, we help create a strong foundation for your baby to hit their motor milestones with confidence.

06 —

## Supporting a Healthy Immune System

The nervous system is the master controller of every function in the body, including immunity! The very first bone in the neck (the atlas) is a critical switchboard for nerve communication. Gentle correction of misalignments here and throughout the spine helps ensure your baby's immune system can function at its best.

07 —

## The Ripple Effect: A Calmer, Happier Household

This might be the most important benefit of all. When your baby is free from constant discomfort, they are naturally more content. A calm baby reduces the stress levels of the entire family, creating a more peaceful and joyful home environment where everyone can thrive.

# But What Does “Chiropractic for a Baby” Actually Mean?

This is the question we hear most often, and it's a great one.

### Gentle is the Key Word.

Pediatric chiropractic care is incredibly soft and specific. There is no "cracking" or forceful twisting.

**The Pressure:** We use about the same amount of pressure you would use to gently test the ripeness of a tomato or to press on your closed eyelid. It is safe, comfortable, and well-tolerated by infants.

**The Assessment:** We will do a gentle, non-invasive neurologic evaluation that allows us to pinpoint areas of tension or restriction in your baby's nervous system and cranial bones.

**The Adjustment:** Using a fingertip or a small, gentle instrument, we make micro-movements to restore proper alignment and release tension.

Your baby will likely relax, and may even nap, during the session.



# Give Your Baby the Gift of Comfort

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You have an instinct to help your child feel better. Trust it. If you feel like something is "off" with your baby's comfort or development, it's worth getting checked.

**Let's Find Out If We Can Help!**

**Experience a comprehensive Neurological Evaluation and Consultation for only \$75 (regularly \$135).**

Together, we'll uncover what's really going on beneath the surface and create a plan tailored to your needs.

**Schedule Your Consultation Today!**

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We are dedicated to providing the gentlest, most specific care for the smallest members of our community.



# Because Every Baby Deserves to Feel Their Best



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