

CHIROPRACTIC AND BABIES



AN EVIDENCE-BASED GUIDE TO GENTLE
PEDIATRIC CHIROPRACTIC CARE



Dear Parent, You're in the Right Place,

When it comes to your baby or child, it is completely normal to ask a lot of questions. You want to know whether care is safe. You want to know whether it is gentle. You want to understand what a chiropractor would actually do with a baby, and whether it makes sense for your family.

At Medispine, we want you to feel reassured from the very beginning. Paediatric chiropractic care is not adult care made smaller. It is a calm, careful, and very gentle approach to assessing your child's spine, nervous system function, neck movement, posture, body tension, and comfort. For babies, *care is usually soft, slow, and adapted* to their small bodies. For children and teens, care is adjusted to their age, comfort level, and stage of growth.

Parents often come to us because something feels "off" in a way that is hard to explain. Their baby may always turn the head to one side, seem tense during tummy time, struggle to get comfortable in certain positions, or appear uncomfortable with feeding posture. Older children may complain of neck pain, back discomfort, headaches, sport strain, or posture-related tension.

This guide is here to help you understand what pediatric chiropractic is, how *gentle* it can be, why parents choose it, and how we keep care safe, honest, and evidence-informed. Research in paediatric chiropractic continues to evolve, which is why we take a thoughtful, evidence-informed approach to both our recommendations and your child's care.



Dr. Veronica Gobeil, DC

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GENTLE NOTE

This guide is intended for educational purposes and does not replace medical advice or care. It is for education only and does not provide a diagnosis or medical advice. Pediatric chiropractic care should always be based on an individual assessment. If your child experiences fever, trauma, breathing difficulties, neurological changes, developmental regression, unexplained pain, or any symptoms that concern you, please seek prompt medical evaluation.





Dr. Gobeil

Native of Saguenay, QC, Dr. Veronica Gobeil, DC is an expert in the field of natural health, posture, functional movement and lifestyle habits. She is a chiropractor and the founder of Medispine.

She has spent a big part of her life using her personal and career experiences to help her clients to overcome pain, get rid of chronic symptoms, upgrade their lifestyle habits and to provide them with up to date recommendations about their diagnosis and prognosis.

Dr. Landry

Native of the Acadian Peninsula, Dr. Kamylle Landry, DC is an expert in pediatric and perinatal chiropractic care, with a focus on pregnancy-related discomforts and optimal child development. Known for her gentle, evidence-informed approach, she has dedicated her practice to supporting women and families through personalized, hands-on care — from prenatal health to early childhood wellbeing.





Dr. Collette

Native of Fredericton, NB, Dr. Émilie Collette, DC is passionate about natural health, posture, functional movement and lifestyle habits. She is a chiropractor at Medispine with a special interest in family chiropractic care, pediatric care and neuromusculoskeletal health.

She has spent a big part of her academic and clinical journey helping her patients overcome pain, improve persistent symptoms, move better and feel more confident in their health, while providing them with up to date, evidence-informed recommendations adapted to their condition, goals and lifestyle.

YOUR BABY'S GROWING SPINE & NERVOUS SYSTEM

Your baby's body is learning from the very beginning. Feeding, sleeping, cuddling, tummy time, turning the head, rolling, sitting, crawling, standing, and walking all involve the spine, joints, muscles, and nervous system working together.

Even small changes in comfort or movement can make a big difference in daily life. A baby who prefers turning the head one way may find certain feeding positions harder. A baby who feels tense through the neck, shoulders, or back may not enjoy tummy time as much. A toddler who has taken a few tumbles may start moving differently. A school-aged child may develop posture strain from screens, sports, backpacks, or rapid growth. [@MEDISPINE.CA](#)

This does not mean every baby or child needs chiropractic care. It means that when parents notice changes in movement, posture, tension, or comfort, a gentle spinal and musculoskeletal assessment can be a helpful step.

Chiropractors are trained to look at how the spine, joints, muscles, and nerves are working together. In paediatric care, the goal is not to treat childhood diseases. The goal is to understand whether the body is moving comfortably and whether gentle support may help the child feel, move, or function better from a musculoskeletal perspective.

Current pediatric chiropractic guidance recommends that chiropractors take a careful history, consider development, screen for red flags, adapt care to the child's age, and refer when another provider is needed.



This is exactly the kind of thoughtful, family-centred care we believe parents should expect.

PRIMITIVE REFLEXES, NERVOUS SYSTEM & EARLY DEVELOPMENT



**ROOTING
REFLEX**



**PALMAR
GRASP REFLEX**



**TRUNCAL
INCURVATION
REFLEX**



**AMNIOTIC
(WITHDRAWAL)
REFLEX**

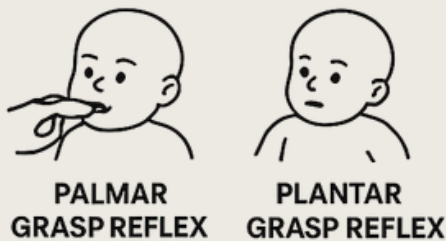
Primitive reflexes are some of your baby's *earliest movement patterns*. They are automatic responses that help newborns feed, respond to their environment, protect themselves, and begin learning how to move. Examples include rooting, sucking, the Moro or startle reflex, the grasp reflex, the stepping reflex, and the tonic neck reflex.

In simple terms, primitive reflexes are like your baby's first nervous-system "instructions." They are not something your baby chooses to do. They happen *automatically* because the brain, spinal cord, nerves, and muscles are communicating. As your baby grows, many of these reflexes gradually quiet down so more voluntary movements can take over, such as reaching, rolling, sitting, crawling, and eventually walking.

This is one reason reflexes can be helpful developmental clues. Healthcare providers check newborn reflexes because they can offer information about how the **brain and nervous system** are working. A reflex that is absent, unusually strong, very different from side to side, or present longer than expected may be a reason for a more detailed developmental or medical assessment. This does not mean parents need to worry about every little movement. It simply means reflexes are one part of the bigger picture of your baby's growth. @MEDISPINE.CA

At Medispine, we may observe your baby's posture, head turning, spinal comfort, muscle tone, movement symmetry, and how they respond to gentle positioning.

This can help us understand whether there may be a neuromusculoskeletal component to what you are noticing, such as tension, limited neck movement, or positional preference.



EXAMPLE

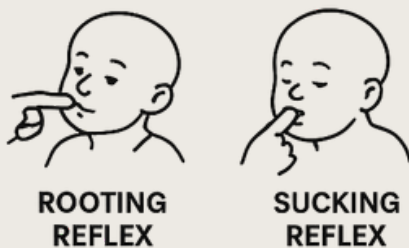
Baby's fingers close around a finger placed in the palm.

This early hand reflex gradually gives way to more voluntary hand control.



Baby startles with arms and legs opening, then coming back in.

This is a normal early protective response that gradually settles as the nervous system matures.



Baby turns toward touch near the cheek or begins sucking when the mouth is stimulated.

These reflexes support early feeding and are connected with newborn nervous-system maturity.

It is important to be clear: chiropractic care does not replace neurological, medical, pediatric, physiotherapy, occupational therapy, or developmental assessment. We do not claim to “integrate” reflexes or treat developmental disorders through chiropractic adjustments. What we can do is assess your baby gently, explain what we observe, support spinal and musculoskeletal comfort when appropriate, and refer you to the right provider if anything falls outside our scope.



Primitive reflexes are a normal part of early development. If you have questions about your baby's movement, tone, head turning, feeding position, or milestones, you are not overreacting.

A gentle assessment can help you understand what is happening and what next step makes the most sense.

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PEDIATRIC CHIROPRACTIC

Pediatric chiropractic is a *gentle form* of chiropractic care adapted for babies, children, and teenagers. It starts with listening. We want to understand what you have noticed, what your child's day-to-day life looks like, and what you are hoping to understand.

From there, we assess your child in a way that fits their age and comfort level. For a baby, this may look like watching how they rest, turn their head, move their neck, respond to tummy time, or settle in different positions. For an older child, it may include posture, spinal movement, joint mobility, muscle tension, gait, balance, and activity-related movement.

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If care is appropriate, it is always adapted. With babies, chiropractors often use very light pressure, gentle holds, small movements, soft tissue work, or comfortable positioning. **The audible “pop” or “crack” that people often associate with chiropractic care is not the goal in paediatric visits.**

Pediatric visits are usually quiet, slow, and guided by the baby's comfort.

At Medispine, we keep the focus *clear*: spinal function, joint movement, muscle tension, posture, comfort, and nervous-system-related communication within the musculoskeletal system.

We do not present chiropractic as a cure for childhood illness, and we do not replace your child's physician, paediatrician, midwife, lactation consultant, or other healthcare providers.

For us, pediatric chiropractic is about gentle assessment, honest answers, and supportive care when your child's spine and movement system may benefit from it.



WHY PARENTS BRING BABIES & CHILDREN IN

MOST PARENTS COME IN BECAUSE THEY HAVE NOTICED SOMETHING SMALL, BUT MEANINGFUL. THEY MAY NOT KNOW EXACTLY WHAT IS HAPPENING, BUT THEY CAN TELL THEIR BABY OR CHILD DOES NOT SEEM COMPLETELY COMFORTABLE.



For babies, parents may ask us to assess a preferred head turn, body tension, discomfort in certain positions, feeding-position challenges, difficulty with tummy time, or flattening related to repeated positioning. In these cases, chiropractic care is not a replacement for medical or lactation care. It may be a gentle option when neck movement, jaw-related tension, spinal comfort, or positioning appears to be part of the picture. @MEDISPINE.CA

For toddlers and children, parents may come after falls, active play, posture changes, stiffness, or movement that seems uneven. For older children and teens, families often ask about neck pain, back pain, headaches related to tension, sports strain, screen posture, or backpack load. These are the kinds of spinal and musculoskeletal concerns chiropractors are trained to assess.

REASONS TO CONSULT

BABIES

WHAT PARENTS MAY NOTICE

Preferred head turn, tension, feeding-position discomfort, difficulty settling in some positions, tummy-time resistance.

→

WHAT WE GENTLY ASSESS

Neck movement, spinal motion, muscle tone, posture, comfort, and positioning.

TODDLERS & CHILDREN

WHAT PARENTS MAY NOTICE

Falls, stiffness, posture changes, movement asymmetry, discomfort during play.

→

WHAT WE GENTLY ASSESS

Mobility, spinal and joint comfort, movement patterns, and muscle tension.

TEENS

WHAT PARENTS MAY NOTICE

Neck pain, back pain, headaches, sports strain, screen posture, backpack strain, scoliosis.

→

WHAT WE GENTLY ASSESS

Spinal function, posture, muscle tension, ergonomics, and activity-related movement.

The first visit is not about assuming your child needs care. It is about understanding what is going on and deciding, together, whether gentle chiropractic support is appropriate.

THIS IS OFTEN THE QUESTION PARENTS CARE ABOUT MOST, ESPECIALLY WHEN THEY ARE THINKING ABOUT BRINGING IN A BABY.

Pediatric chiropractic care should be gentle, very gentle. Babies are not treated the same way adults are. Their care is adapted to their size, stage of development, and individual comfort. In many cases, the pressure used is light, precise, and calming. Treatment does not need to be forceful or produce any audible sound. The experience should feel calm, respectful, and guided by the baby's responses throughout the visit.

Your baby can often stay close to you. We can explain what we are doing before we do it. We can pause at any time. If your child is older, we speak to them too, in language they can understand. We want them to feel safe, included, and respected.

Research reviews describe pediatric chiropractic techniques as commonly gentle and low-force, and serious adverse events appear to be rare, although they have been reported. A 2019 systematic review also found that gentle, low-velocity spinal mobilization appeared safe in infants, children, and adolescents, while noting that stronger research is still needed

At Medispine, safety is not only about technique. It is also about listening carefully, screening properly, explaining clearly, asking for consent, respecting your child's comfort, and referring when something is outside our scope.

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HOW GENTLE IS IT?

**OUR APPROACH IS SIMPLE: GENTLE HANDS, CAREFUL
ASSESSMENT, AND NO PRESSURE.**



WHAT GENTLE CHIROPRACTIC MAY SUPPORT

Parents often ask, “*What can chiropractic help my baby with?*” The most honest answer is that pediatric chiropractic may support babies and children when there is a spinal, joint, muscle, posture, movement, or tension-related component.

For babies, this may include support for neck mobility, preferred head turning, positional strain, body tension, and feeding-position comfort when musculoskeletal factors seem involved. For example, if a baby has difficulty turning comfortably to one side, gentle assessment of the neck, spine, jaw-related mechanics, and body tension may be helpful as part of a broader care plan.

For children and teens, chiropractic may support spinal comfort, posture, mobility, neck and back tension, headaches linked with muscular or spinal strain, sports-related discomfort, and movement habits. The goal is not to make big promises. The goal is to help the body move as comfortably as possible and to guide parents with clear, practical advice.

We believe parents can feel reassured and informed at the same time. It is possible to say, “This may be a gentle and helpful option for your child’s movement and comfort,” while also being honest about the limits of the research. @MEDISPINE.CA

Our services are covered by most extended health plans.

PARENTS OFTEN ASK ABOUT

Preferred head turning or
positional tension

→

OUR EVIDENCE-INFORMED ANSWER

A gentle spinal and neck assessment may be appropriate, especially when movement or comfort seems limited.

Tummy-time discomfort or
body tension

→

Chiropractic may support comfort and mobility when musculoskeletal tension appears to be involved.

Feeding-position challenges

→

Chiropractic does not replace lactation or medical care. It may support positioning comfort when neck, jaw-related, or body tension factors are present.

Neck pain, back pain, posture
strain, or headaches in older
children

→

Chiropractic/manual care may be considered as part of conservative musculoskeletal care, though research quality varies.

Colic, reflux, ear infections,
asthma, ADHD, autism, or
immune concerns

→

Current evidence is insufficient or inconclusive for these conditions, so chiropractic should not be promoted as a treatment or replacement for medical care.



OUR HONEST, EVIDENCE— INFORMED APPROACH

At Medispine, evidence-informed care means we do not rely on fear, pressure, or exaggerated claims. It means combining current research, clinical experience, thorough assessment, and your child's individual needs to guide care decisions thoughtfully and responsibly.

Research in pediatric chiropractic is *still evolving*. Recent reviews show that chiropractic and spinal manual therapy have been explored for a variety of childhood concerns; however, the quality of evidence varies, and for many non-musculoskeletal conditions, conclusions remain limited or inconclusive.

We see this as a reason to be *thoughtful and transparent*, not distant. A warm, reassuring approach can still be grounded in honesty and evidence-informed care. We can confidently say that pediatric chiropractic care, when appropriate, should be gentle, adapted to the child, consent-based, and focused on supporting spinal and musculoskeletal function. We can also clearly acknowledge that chiropractic care should never replace medical evaluation or treatment when a child requires medical attention.

**FAMILY-CENTRED CARE,
GUIDED BY COMPASSION,
HONESTY, AND EVIDENCE.**



**WE BELIEVE
PARENTS DESERVE
GENTLE CARE
HONEST GUIDANCE
NO PRESSURE
SAFETY FIRST
RESPECT**



MEDISPINE'S DIFFERENCE

WE CARE FOR LITTLE SPINES WITH PATIENCE, RESPECT, & GENTLE HANDS.

We know that bringing your baby or child to a chiropractor can feel like a big decision. That is why we take time to explain, reassure, and make sure you understand every step. We want you to feel calm, informed, and confident, never pressured.

Our pediatric approach is rooted in four simple values: *gentleness*, *honesty*, *safety*, and *connection*. Gentleness means the care is adapted to your child. Honesty means we are clear about what chiropractic may support and what remains uncertain in the research. Safety means we screen carefully, use age-appropriate techniques, and refer when needed. Connection means we listen to you, respect your instincts, and treat your child as a whole person, not a checklist.

We also believe in *collaboration*. If your baby is having feeding challenges, we may encourage support from a lactation consultant or physician. If your child has symptoms outside a chiropractic scope, **we will guide you toward the right care.**

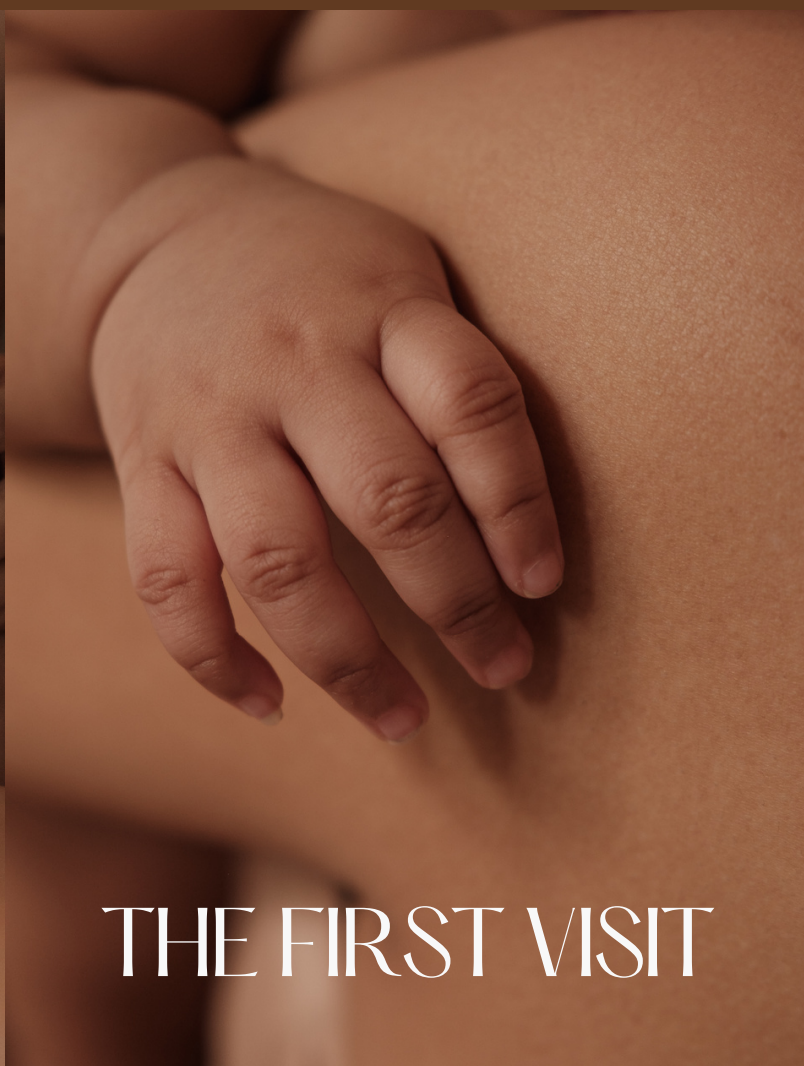
Your child's first visit is designed to feel calm and supportive. We begin by listening to your story. You can tell us what you have noticed, what worries you, what feels confusing, and what you are hoping to understand.

For babies, we may ask about pregnancy, birth, feeding, sleep positions, tummy time, preferred head turning, comfort in different holds, and developmental milestones. For older children, we may ask about activity, posture, school, sports, injuries, screen time, backpacks, and symptoms such as neck pain, back pain, or headaches.

The assessment is *gentle* and *age-appropriate*. Your baby may be in your arms, on the table, or in a position where they feel most comfortable. We observe movement, posture, spinal motion, muscle tone, and comfort. With older children, we may assess posture, range of motion, spinal and joint movement, muscle tension, and movement patterns.

If we find that chiropractic care may be appropriate, we explain everything in plain language. We talk about what we noticed, what we recommend, what the alternatives are, what to expect, and how we will monitor progress. If we believe your child needs another provider, we will tell you. Referral is part of good care, not a failure of care.

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THE FIRST VISIT

IS THIS RIGHT FOR YOUR BABY?

If you are unsure whether pediatric chiropractic is right for your child, ***that is exactly what the first visit is for.*** You do not need to know the answer before you come in. You only need to bring your questions.

A consultation allows us to *listen*, assess gently, and explain whether chiropractic care may be appropriate. Sometimes the answer is yes. Sometimes the best next step is referral or co-management. Either way, you will leave with more clarity.

You are welcome to ask us anything. You can ask what we are checking, how gentle the technique is, what the research says, what signs would require referral, and how we would know whether care is helping. We want you to feel fully informed and comfortable.

I WANT TO BOOK





LEARN MORE ABOUT US



506-889-4490

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