

# CST for Parents and Children

Craniosacral therapy has a good reputation for its effectiveness in helping women in pregnancy and for many of the ailments of young babies and children. This gentle treatment can ease backache, improve digestive problems of pregnancy and give the expectant mother much-needed relaxation. Mothers and fathers often bring along babies for treatment, suffering from colic, sleeping trouble and digestive problems.

Many women and their partners appreciate skilful and sympathetic help and support both at these stages, and also as their children grow older. Parenting a child can be a challenging time as many new situations are encountered. Craniosacral therapy has been a valuable resource for parents and their children over many years.

From the moment of conception, a child's life is a whirlwind of change and development. These many changes bring along their own challenges and it can be helpful to have a range of supportive "tools" to address the issues. Craniosacral therapy is one such tool and is ideal for babies and children since the touch is extremely gentle and is carried out fully clothed. The treatment develops out of what the practitioner feels in the client – so the client, of any age, totally directs the session. This is vitally important when working with a child who may understandably have little control over some aspects of their life and wellbeing. Craniosacral therapy enables them to begin the important process of being aware of, and responsible for their own physical and emotional health. It can also enable the child to relax and enjoy life for the first time, if she has had a stressful birth. It is not necessary for words to be used to convey how the treatment is being experienced, so it is ideal for babies and children with no, or limited speech.