

Why Kids Need Chiropractic, Too: Gentle Care for Growing Bodies



*Power of
Chiropractic Care*

BY ANTIGNOLO
CHIROPRACTIC

A Healthy Start for a Healthy Life

From the birth process to learning to walk, kids experience many physical stressors. Even small misalignments can interfere with the nervous system, leading to issues that may not seem obviously spine-related.

Some causes of spinal stress in kids include:

- Traumatic births (forceps, C-section, prolonged labor)
 - Frequent falls while learning to walk
 - Heavy backpacks or poor posture
 - Tablets and phones creating “tech neck”
 - Sports or rough play
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How to Spot Nervous System Stress in Children



You might not hear a child say “my back hurts”—but their body tells you in other ways:

- 🩹 Recurrent ear infections
- 🤢 Colic, reflux, or digestive issues
- 🛏️ Bedwetting or sleep struggles
- 🧠 Difficulty concentrating or hyperactivity
- 😡 Mood swings or behavioral concerns
- 🚽 Constipation
- 🧑 Poor posture or coordination issues

These are often signs of nervous system imbalance, not just “growing pains.”

What Are the Benefits?

When kids get adjusted regularly, parents often report:

- Better sleep and more calm behavior
- Fewer colds, ear infections, and illnesses
- Easier digestion and regular bowel movements
- Improved focus at school
- Better posture and mobility
- Happier, more balanced kids!

Chiropractic supports healthy development, starting from day one.







Chiropractic as Part of a Proactive Wellness Plan

Many parents wait until something is wrong before seeking help. But just like dental checkups and well-child visits, chiropractic care can be part of a proactive approach to health.

Regular checkups can help catch and correct small spinal misalignments before they cause bigger issues. When the nervous system is functioning well, everything else in the body has a better chance of working properly—without drugs or invasive procedures.



Think of chiropractic as:

-  Nervous system maintenance
-  Posture and development support
-  Immune system resilience
-  A foundation for lifelong health



Healthy Habits for Healthy Kids: Supporting Their Growth Beyond the Adjustment

Chiropractic care is just one piece of the wellness puzzle.

The habits your child builds now set the stage for their long-term health. Here are some foundational tips to help support their body, mind, and nervous system every day:

■ Limit Screen Time

Too much screen time can affect posture, sleep, and brain development. Try to limit recreational screen time to no more than 1–2 hours per day. Encourage breaks every 20–30 minutes and promote “tech-free” zones like during meals and before bed.

🚶 Prioritize Movement & Play

Kids need at least 60 minutes of active movement each day. Activities like running, jumping, climbing, dancing, or sports help support proper spinal development and brain-body coordination. Movement also helps reduce stress and improve mood.

Support Healthy Sleep

Quality sleep is crucial for brain development, emotional balance, and physical recovery.

Create a calming bedtime routine and aim for:

10–12 hours/night for young children

8–10 hours/night for teens

Keep bedrooms cool, dark, and screen-free for deeper sleep.

Fuel Their Bodies With Nutrient-Dense Foods

Focus on whole, minimally processed foods: fruits, vegetables, clean proteins, and healthy fats.

Reduce sugar and artificial ingredients that can impact mood, focus, and immunity.

Hydration is key—most kids need half their body weight in ounces of water per day.

Healthy routines + a balanced nervous system = thriving, resilient kids.

Healthy kids grow into healthy adults. The earlier we support the spine and nervous system, the better the outcomes.

Questions?

We will gladly answer any questions you may have!
Contact information is below.

If you have any questions or would like to get started with Chiropractic care our contact information is below or click the button above to request your first visit:

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