Before booking a chiropractor for a baby

Work through these steps with a paediatrician or family doctor before paying for infant chiropractic sessions.

- [ ] See a paediatrician or family doctor first for crying, feeding or sleep concerns.
- [ ] Ask the doctor to check weight gain and rule out illness.
- [ ] Try soothing steps for colic: cuddling, upright feeds, winding, rocking and white noise.
- [ ] Hold the baby upright during and after feeds to ease reflux.
- [ ] Ask a health visitor to check breastfeeding position or bottle technique.
- [ ] Request a physical therapy referral for a head tilt or one-sided head turning.
- [ ] Seek same-day care for a temperature of 38 C or higher in a baby under 3 months.
- [ ] Get urgent help for green vomit, poor feeding, breathing trouble or unusual drowsiness.
- [ ] Remember that colic usually improves by 3 to 4 months without treatment.

Notes

For general education only. Not a substitute for professional medical advice.