Informed Consent for Baby Bodywork

Craniosacral therapy (CST or BCST) is a very gentle, non-invasive therapy that involved gentle holds on the baby to help relieve areas of compression related to inutero or birth experience. It involves just 5 grams of pressure. The practitioner is trained to feel bone and fascial movement related to fluid dynamics in the body. Because babies are mostly fluid, and their bones, muscles and other structures are very influenced by inutero constraint and birth, gentle movements of their bodies can make a big difference.

Practitioners also work with fascial glide and muscle tissue release. This involves a little more than 5 grams of pressure that communicates with muscles and fascia to relieve the baby of discomfort. Practitioners also teach parents how to do these techniques whenever possible.

Practitioners also talk with babies and their parents, and teach parents simple tools to help settle their babies. Education about autonomic nervous system is an important part of treatment.

Babies often sleep a lot after treatment. Sometimes babies cry during treatment as part of the expression about what they experienced. Practitioners are trained to communicate with the baby about their experience, and with parents to normalize everyone’s experience of pregnancy and birth.

Practitioners refer to other professionals to help the newborn family, especially lactation consultants, osteopaths, pediatricians and mental health professionals.

Bodywork is an important part of overall health and has many benefits, including increasing white blood cells and therefore immunity, a sense of well-being and connection with other humans. Bodywork decreased pain and discomfort and increases circulation.

Practitioners will communicate their findings to parents and recommend treatment plan. Intake during the session includes harvesting the birth story and any significant events during pregnancy.

I have read the informed consent and agree to treatment for my baby.

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Parent Date

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Parent