



Our Family Newsletter; New Leaf

CHIROPRACTIC & WELLNESS CENTER

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Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – to reach as many parents and children as we can!

Infantile Colic:

Of all the health challenges that seem to plague infants, this is probably the one that causes most upset with parents. Imagine for a moment feeding your child, when all of a sudden he/she begins screaming at the top of their lungs, arms curling in, legs drawing up, with what seems to be agonizing pain. All the common remedies associated with “over-the-fence” and grandmotherly advice seem to be of no avail. Colic and ear infections are the two that tug at mothers’ and fathers’ heartstrings more than any other condition that we see at our office.

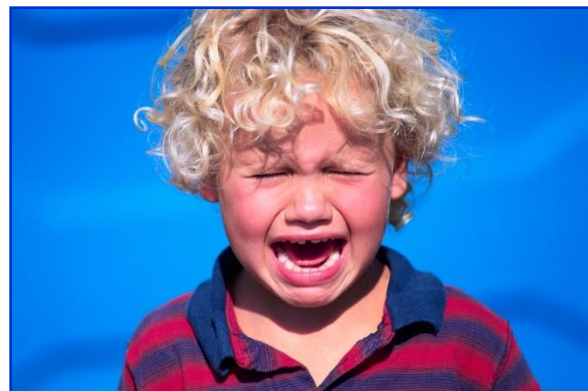


Most textbooks describing Colic mention that it usually happens in the evening hours. I have not found that to be the case. I found that it tends to occur at any time of the day and seems to have no rhyme or reason. Colic, it seems, tends to start sometime in

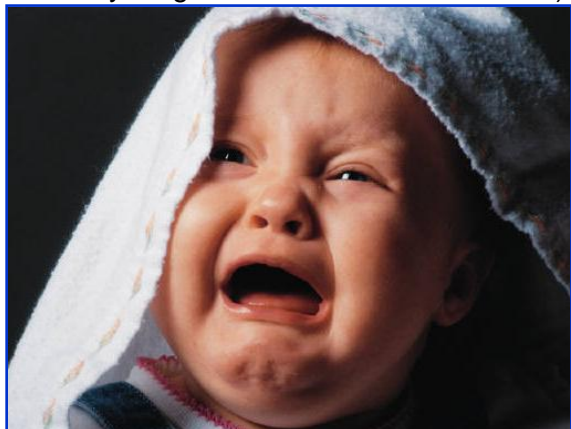
Infancy, around the first two weeks of life, and can persist for a number of months.



For those who are not familiar with Infantile Colic, and have never had the pleasure of dealing with a child who is so afflicted, you have no idea how devastating it can be on parents’ nerves. Why? It’s characterized by



constant crying, screaming, whining, pains in the stomach area, and acute irritability. (This is not **cute** irritability; this is **acute** irritability - big difference between the two.)



The spells of crying can last for hours, and parents' nerves are shot at the end of such spells. This type of crying leads to aerophagia, which means the swallowing of air. This then causes distention or enlargement of the bowels, which then creates more pain, which creates more crying, which creates more air being swallowed, which then becomes a cycle – just what you wanted to hear!

Colic is also characterized by passing an exorbitant amount of gas and abdominal distention, which simply means the stomach area is enlarged and bloated (this gas thing can be embarrassing when in public). As well, the infant does not appear to be ill, is gaining weight, and has a good appetite. If



either of those is absent, then the incessant crying can be caused by a problem different from Colic - I would suggest you consult with me and I'll be happy to give you lots of advice.

There have been many theories people have used in the past to attempt to explain what Colic really is and why it occurs. Some authorities have blamed lactose intolerance; some felt it is caused by stress

of the parents that the baby can perceive, stress of the baby, abnormal gall bladder function, higher levels of intestinal hormones, allergic reactions, digestive hormone instability, etc. None of these seem to be the problem. A just-published study confirms what many parents and chiropractors have long suspected: Colic is associated with allergy. Researchers in Finland tracked a number of infants for one week, at seven weeks of age, and for one week at 12 weeks of age. The study revealed that 38% of children who showed signs of allergies at 2 years of age were significantly fussier during their seventh week and were more likely to have a colic-type cry during their twelfth week, compared with allergy-free babies. Much more study needs to be done on this association.



One of the biggest concerns with a child having Colic is that there is a potential for possible child abuse. Try to imagine a child screaming for hours, non-stop. I find that



this will sometimes get on parents' nerves and on occasion we see a condition which is called "the shaken baby syndrome." This is a condition whereby the baby is literally shaken by the parents to somehow stop him/her from crying.

This only takes place when mom and dad are at their wit's end. But there is no excuse for this behavior. Shaking an infant can cause irreparable damage to a baby and even death. I am not suggesting that this is a huge problem, but there is potential for

abuse of an infant who happens to be colicky. If you do ever feel that you as a parent are close to “losing it,” remember that there is a reason this is taking place.

In my experience in dealing with tons of children and babies, I found that often a vertebral subluxation in the spine affecting the way the nervous system controls bowel functions, is usually the cause of Colic. Any chiropractor involved in seeing children will attest to this fact. You must understand that the digestive system is essentially a long tube and is made of muscle walls, which are under the direct control of the nervous system. I find that in the case of Colic, a vertebral subluxation will reduce the amount of information flowing from the brain to the large intestine, thereby reducing the normal function and motility of the large intestine. This causes food to “stick around” in the large intestine longer than it should and it tends to produce gas. This gas causes distention of the intestinal wall, causing pain and crying. The cry of the baby is really for help.



Children who are affected by Colic generally show a wonderful response in the hands of a chiropractor. Most often I find results within the first week of care, but the care must be directed at the correction of the subluxation which is at the root of the problem, not simply giving the child mere relief. If mere relief is given only, there is a very high possibility of the subluxation becoming chronic and then causing arthritic degeneration later in life – and you can ask me all about it.

Homework Harms Kids?

A longer school day has no upside, ruins a child’s yen for learning and stirs conflict at home, an author says.

Alfie Kohn is a Boston-based author and speaker on educational and parenting issues who wrote *“The Homework Myth: Why our kids get too much of a bad thing.”*

So.....what’s wrong with homework?

Most parents already have a front-row seat to what’s wrong. They watch the frustration and exhaustion on the part of their children; they are pulled into the conflict and into the nagging – it’s natural. They watch children who lack the time to pursue interests they care about, after a full day in school.

Is there such a thing as “good” homework?

The burden of proof rests with anyone who says six hours of academics a day is not enough for children.

Moreover, there’s another issue here: Who gets to decide what happens during family time - the schools or families?

I think there are, from time to time, examples where it does make sense for schools to presume to infringe on family time. An example would include free reading, where kids pick the books without having to read so many pages for so many minutes.

What about work not finished in class?

Who decided on these assignments, and how valuable are they? Any decent teacher would never assign the same thing to all the kids in the class – not just because kids work at different levels of understanding. If it’s a worksheet, it shouldn’t be done anywhere because that’s not, according to the best research, a useful way to help kids become proficient thinkers or lifelong learners.

So no worksheets in class?

The best teachers don’t have kids filling out worksheets, because that’s more a focus on rote memorization than it is on learning what it means to read with understanding, to understand mathematical principles from the inside out.

The remarkable fact (about homework) is there doesn’t appear to be an upside. No researcher has ever found benefit to assigning homework to kids before high school. In fact, in elementary school, there’s not even positive correlation between doing homework and any measure

of achievement. At the high school level, there is a weak correlation, but no proof of a relationship. In other words, some older kids who do more homework also get higher marks and test scores, but there's no proof they get higher marks because they did homework.

What about the non-academic benefits?

The claim that homework promotes self-discipline, independence, responsibility or good work habits is absolutely unconfirmed by any data whatsoever - it's folk wisdom.

A number of schools in the United States, Canada, and abroad have a policy on homework – there isn't any! The Waldorf school system, for example, does not promote homework, but it does promote understanding of material instead of rote memorization.

If you are concerned with the frustration of your child trying to accomplish copious amounts of work at home, I suggest you talk with the principal and the school board. Often getting other parents on board and presenting a unified view, will make a school board listen.

Life after death:

"Do you believe in life after death?" the boss asked one of his employees.

"yes, sir," the new employee replied.

"well, then, that makes everything just fine," the boss went on "because after you left work early yesterday to go to your grandmother's funeral....she stopped in to see you!"

Support a family:

The prospective father-in-law asked his daughter's fiancé, "Young man, can you support a family?"

The surprised groom-to-be replied, "well, no....i was just planning to support your daughter. The rest of you will just have to fend for yourselves."

First time ushers:

A little boy in church for the first time watched intently as the ushers passed around the offering plates. When they came near his pew, the boy said loudly, "don't pay for me Daddy, I'm under five!"

Prayers:

The Sunday school teacher asked, "Now, Johnny, tell me, do you say prayers before eating?"

"no sir," he replied, "we don't have to, my mom is a real good cook!"

Climb the walls:

"Oh, I sure am happy to see you," the little boy said to his grandmother on his mother's side, "now maybe daddy will do the trick he has been promising us."

The grandmother was curious, "what trick is that?" she inquired from her grandson.

"I heard him tell mommy that he would climb the walls if you came to visit" the little boy answered.

The water pistol:

When my three-year-old son opened the birthday gift from his grandmother, he discovered a water pistol. He squealed with delight and headed for the nearest sink. I was not pleased, so I turned to mom and said, "I'm surprised at you, mom. Don't you remember how we used to drive you utterly crazy with water guns?"

Mom smiled knowingly and then replied....."Oh yes, I remember!!"

Child psychology:

A new teacher was trying to make use of her child psychology courses. She started her class by saying, "everyone who thinks they're stupid, stand up."

After a few seconds, little Davie stood up. The teacher said, "Do you think you're stupid, little Davie?"

"no, ma'am, but i hate to see you standing there all by yourself!"

Cold Cream:

Little Billie watched, fascinated, as his mother smoothed cold cream on her face.

"Why do you do that, mommy?" he asked.

"To make myself beautiful," said his mother, who then began removing the cream with a tissue.

"What's the matter?" he asked, "giving up?"

Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you! Talk with you next month.....