

# Dr. Natalie

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Dr. Natalie Bernicky is a Family Chiropractor. Her practice focuses on fertility, prenatal and postpartum care, women's health and family wellness care. Dr. Bernicky has a growing pediatric practice and often works with newborns, infants and children dealing with symptoms ranging from colic to constipation, reflux to failure to thrive, congenital torticollis to developmental delay, feeding issues to general wellness checkups. Dr. Bernicky's gentle, loving and very thorough assessment and care uses many techniques including cranial and intraoral work to help your child thrive, grow and function at their highest potential.

Dr. Bernicky has done extensive postgraduate work in pediatric care, and continues to grow her knowledge base and resource team to help give their best care possible to her practice members.

Dr. Bernicky is dedicated and driven to helping her practice members reach their ultimate health goals. She is passionate about her work and will coordinate with your health and wellness providers to ensure you and your family receive the best care possible.



## There is Help!

Many Chiropractors are trained to help assess, diagnose and care for infants and toddlers who may be suffering with these symptoms.

Multiple techniques such as bodywork, craniosacral, intraoral and TMJD adjustments may be used. Call to make an appointment with Dr. Natalie to see if chiropractic can help!

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## Contact Us

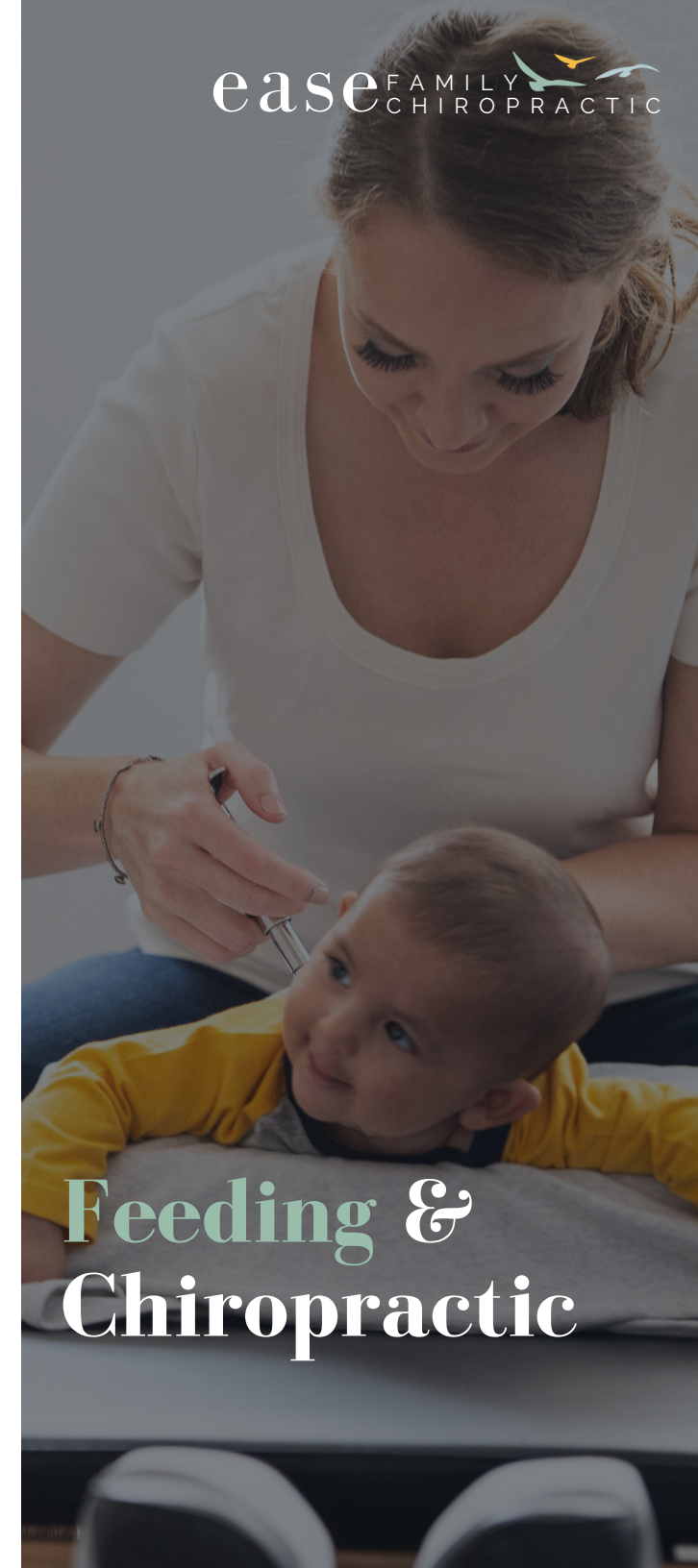
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ease FAMILY CHIROPRACTIC



Feeding &  
Chiropractic

# Feeding Concerns

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Feeding is meant to be a beautiful, natural time of bonding for both parent and baby. The reality is that it can be one of the most challenging and frustrating times for you both. There are many things that can interfere with successful feeding which can express themselves as numerous symptoms.

## Why feeding can be hard for baby:

- Ankyloglossia (tongue-tie)
- Shape of Palate
- Infant TMJD
- Birth Trauma
- Cranial & "Body Tension"
- Vertebral Subluxation in Neck
- Prematurity: Under Developed Epiglottis
- Developmental Delay/Poor Suck Reflex
- Early Allergies/Mucous Affecting Nose Breathing
- Reflux or GERD

## Why feeding can be hard for parent:

- Anatomy (Inverted Nipples, Engorgement, Large Breasts)
- Poor Milk Supply
- Birth Trauma
- Emotional Factors (PPA/PPD, Fear, Exhaustion, Self Consciousness)
- Lack of Support
- Diet & Dehydration

## Ankyloglossia (*Tongue-Tie*)

- Difficulty latching onto the body and/or maintaining latch
- Clicking sound when nursing
- Poor weight gain or failure to thrive
- Digestive issues (increased gassiness, grunting due to extra air being swallowed, poor control of milk during a swallow)
- Slipping off nipple
- Lazy feeder
- Older tongue-tie babies may have difficulty swallowing solid foods
- Decreased supply of milk in the parent

## How to know if tongue-tie is the problem?

- Baby unsettled
- Hungry most of the time
- Colic
- Prolonged feeds with short breaks
- Significant dribbling during feeding
- Poor weight gain
- Clicking sound when nursing

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## Infant TMJD

- Fetal development and the birth process are major factors for malocclusion (bite and jaw position) and TMJ dysfunction (Mitha, 2006, Magoun 1962)
- Potential to affect ability to speak, drink, chew, swallow, close mouth, breathe normally through the nose.

## What to look for?

- Yawn to one side
- Cannot open mouth wide
- Difficulty latching
- Facial asymmetry
- Clicking of jaw



## Advantages of Feeding

It is not only human milk that is important for your infants development and future health, the act of nursing is very important for their development.

- Involves and develops all of the muscles of the mouth
- Stimulates proper cerebral spinal fluid (CSF) flow
- Helps reposition cranial bones
- Tongue motion is peristaltic during swallowing which is critical for proper development of:
  - Oral cavity
  - Airway shape
  - Facial form
- Tongue action learned during feeding (body of bottle) continues into adulthood
- Stimulates growth centres of the facial bones
- Stimulates proper growth of mandible and maxilla (jaw) which helps prevent teeth crowding, smaller mandible and smaller head size.