

'After two sessions she was calmer and feeding well'

Is your baby a bundle of joy? Or are they crying a lot, wriggling with discomfort, fussy to feed?

An unhappy baby, Kate was nine weeks old when her parents brought her to Fiona McDevitt's clinic. They were concerned about her agitation when feeding, disrupted sleep and long bouts of crying. All seemed worse after her recent vaccinations.

Kate's dad had heard from colleagues at work that the light touch of craniosacral therapy (CST) had helped their distressed babies in similar situations.

Fiona says: "Our session began with the parents relating Kate's birth history, the last stage of labour was fast, just 45 minutes. Usually there are pauses as the baby passes through the birth canal allowing the baby to adjust to the experience. If delivery is fast, baby may be left feeling uncomfortable and out of sorts.

"While assessing Kate, I reassured her parents



Fiona McDevitt is a chartered physiotherapist, craniosacral therapist and manual lymph drainage therapist. PHOTO: INGIMAGE

that babies often experience some temporary discomfort after vaccina-

tions. Babies are learning to self-regulate or manage their state of alertness,

and by giving calming cues to Kate they could help her relax.

"Talking or singing with a soothing, gentle voice, breathing slowly, rocking, dropping their shoulders are all cues of safety and relaxation. At times, these cues can be overridden by baby's internal cues of pain or discomfort."

She continues: "So, with the gentle touch of CST, I helped Kate release the tension in her body and relax. After two sessions she was calmer and feeding well.

"Her parents tried a treatment too. Easing the tension in their bodies enabled them to better enjoy their wonderful bundle of joy."

Fiona McDevitt is a chartered physiotherapist, craniosacral therapist and manual lymph drainage therapist. Contact Fiona on 087-2226878, email fiona@fmcdphysiotherapy.com or visit the website fmcdphysiotherapy.com.

Get a gift for your Beloved Star

"If I am thinking correctly," said Pooh, "a new baby is probably, undoubtedly the grandest gift that could ever be."

Beloved Star is a specialist online, baby gift store. Based in Co. Galway, it is an Irish-owned family business, in operation since 2019.

They specialise in beautiful baby and new parent gifts and have a wide variety of baby gifts from gift boxes to clothing to keepsakes.

Owner Ann Marie explains the origins of the name of the business. "The name Beloved Star was inspired by my little family - my husband's name David and son Daithi,

means 'beloved' and my daughter, Rêiltin, is the Irish for 'little star'.

"We are in operation for over 18 months and are completely overwhelmed with the response we have received from our customers," she said.

The company features:
 · The highest quality baby gifts, beautifully presented
 · An easy navigational website that has online and Paypal ordering facilities
 · Excellent customer service

So, if you want to celebrate the birth of a new baby, check out the website: belovedstar.ie. You can also find Beloved Star on Facebook and Instagram.



Beloved Star offers gifts for babies. PHOTO: JUDE BECK

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