

## **My First Birth in the United States – Part Two** **by Christine Holefelder B.S., L.M.T.**

Five sessions initially followed the birth. Her cycle never dropped below 120 even though strain was evident. Eyes, left shoulder and umbilicus presented first. Fussiness ramped up slightly after session 2 as layers of strain presented in her pelvis. After session #3, fussiness increased such that she would only settle while being held. Unwinding produced deep arching from thoracic spine to sacrum, but cervical spine had become ridged and guarded.

The evening that followed the third session brought non-stop crying for several hours. Mom stayed calm throughout, but was definitely aware that things were shifting for her baby girl. Umbilicus and throat talking loudest at next visit, with the eyes and hip presenting as well.

By session 5 things had calmed down. Her cycle headed for 200, she continued to nurse with zero complications, great digestion and bowel habits, minimal spitting up and sleeping all night. She was also holding her own head up at just a few days old.

With cycles as long as hers had consistently been, my expectation was that she would come to the September seminar in KOP with a 200+ cycle with no concerns from Mom. That turned out to not be what we found. Her cycle was still in decent shape, but we discovered that she was not getting much sleep during the day and was very cranky as a result. During the demo session with Barry, strong hip and umbilical strain pulled up through throat and shoulder. More follow up was definitely in order.

Baby M was able to get an additional 4-handed session when Alais Pestinger agreed to co-treat with me for the follow-up to the Seminar. At this point she was still not sleeping enough during the day. We experimented with treating Mom and Baby at the same time, while they were belly to belly (“Btb”) with amazing results. Mom reported that M slept like a dream for the rest of that day.

I have seen M twice more since the 4-handed with Alais. At the start, the familiar umbilicus, throat, shoulder pattern emerged. I got the distinct impression from working with M was battling against torticollis that was never able to develop. I also wonder if lifting her head so early is a sign of strength, or strain. Taking a page from Krissy and Mike’s book, more treatment focus on shoulders gave access to deep releases into lateral cervical spine. Finally, M unwound into a deep cervical extension during which she was perfectly content and at peace. Both parents noticed an increase in the length of her neck, and.....she *really* smiled at me for the first time.

I’ll be following up with her again soon for part 3. Alais, you free? :)

