

# THE TODDLER TRIAD

## HOW TO HELP YOUR NOT SLEEPING TODDLER

### CAUSE:

#### TRAUMATIC BIRTH:

- Ventouse
- Forceps
- C-Section
- Planned C-Section



HEAD TENSION

### SOLUTION:

#### CRANIAL OSTEOPATHY:



### CAUSE:

-Food intolerance irritates toddler and wakes them



FOOD ALLERGY

### CAUSE:

- C-Section
- Antibiotics



GUT IRRITATION



### SOLUTION:

It's usually dairy. Reduce milk, cheese, yogurts. Try alternatives like rice milk, almond milk, oat milk.

### SOLUTION:

- Probiotics

For more information call The Perrymount Clinic on 01444 410944 and speak to Christian Bates

 **THE PERRYMOUNT**  
OSTEOPATHY & NATURAL HEALTH CLINIC