



Dear Parent,

### **Babies and Children First Treatment Letter**

Thank you for booking in to see me. This letter confirms your child's first appointment with me and gives you some information about the appointment.

During your first visit I will take a detailed case history of your baby or child, including a full medical history, details of your pregnancy and the birth. Children might like to wear comfortable clothing such as T-shirts and shorts as this makes it easier during the examination. Please bring with you a note of any medications or the medications themselves that your child is taking. This includes either prescribed and over the counter medications, including any homeopathic or herbal remedies. Any X-ray and scan results can also be helpful. All information helps in reaching a correct diagnosis.

I usually examine babies in their nappies, apart from a brief moment without the nappy so I can do a hip check. In older children I may ask for them to undress to their underwear. Treatment can then usually proceed clothed and I will discuss with you if an exception needs to be made to this.

I use cranial osteopathic techniques when treating children because this is very gentle. Cranial technique is a slight misnomer as this family of techniques applies to the whole body. Principles of osteopathic treatment include respecting the 'wholeness' of a child when treating, not just the problem area. Despite a very light contact your baby or child may occasionally be a little uncomfortable during treatment as tissues change however this is usually transient.

At the end of the first appointment I will give you a detailed explanation of the diagnosis and the proposed treatment plan. Please do not hesitate to ask any questions about anything that you think of. Occasionally it may be appropriate for me to refer on to another healthcare practitioner for further investigation or treatment alongside osteopathy. I will talk with you about this if this seems necessary and we will agree a plan together.

Fees, payment, health insurance and cancellation policy are all covered on the Appointments page on my website. Please read everything carefully and bring a signed copy of this letter to your first treatment.

I look forward to meeting you both soon.

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Julia Finlay M.Sc B.Ost  
Registered Osteopath

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Signed by Parent