

**Q:** Is Chiropractic **safe** for my kids?

**A:** Chiropractic is not only safe for your kids, it's one of the best things you can do for them to make sure they grow up healthy!

Kids undergo stresses in the same way as adults. They are naturally curious and experiential. From the birth process to learning to walk to encountering the mental and emotional challenges that come from being in school, kids are subjected to stresses every single day. Some of those stresses can store in the body as tension.

That tension can put stress on the nerve system, interfering with the proper development and communication pathways for your child.

By releasing that tension, chiropractic allows your child to develop and grow optimally. Their potential can be fully realized!