

5 Signs Your Baby is Carrying Tension

DR. MICHAEL TEBBE, DC • BRIGHT START
CHIROPRACTIC



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As a parent, you know your baby's cues better than anyone. But sometimes, those "fussy phases" are actually the only way your baby can communicate that their nervous system is in a state of survival mode. Research indicates that a significant percentage of newborns experience neck strain or cranial tension during the birth process. Whether it was a long labor, a rapid delivery, or interventions like forceps or vacuum extraction, these physical stressors can leave a baby's tiny frame locked in a state of high alert. When a baby's spine and nervous system are under stress, it manifests as a "short circuit" in their most basic functions: digestion, feeding, and sleep.

THE 5 SIGNS TO WATCH FOR

1. The "Favorite Side"

Does your baby always look to the right or left? This is often a sign of physical restriction in the upper neck.

THE STAKES: Struggles to latch on one side, decreased milk supply, or "flat spots" (Plagiocephaly).

2. The "Diaper Fight"

If changing a diaper feels like a wrestling match because your baby's legs are stiff or "locked," they are likely carrying tension in their pelvis.

THE STAKES: Pelvic tension can lead to digestive "backlogs" (constipation) and affect crawling milestones.

3. Backwards Arching

Arching back like they are trying to move away from you is a neurological sign of a nervous system stuck in "Fight or Flight".

THE STAKES: A baby who can't physically relax cannot properly digest or reach deep, restorative sleep.

4. The "Shallow Latch"

If your baby clicks, chomps, or has a shallow latch, it is often due to TMJ or neck tension preventing the jaw from opening wide.

THE STAKES: Tiring out before getting high-fat "hindmilk," leading to frequent waking and gas.

5. The "No-Sleep" Wall

While no newborn sleeps perfectly, a baby who simply cannot settle is often a baby in physical discomfort.

THE STAKES: Gentle adjustments help "flip the switch" to Rest and Digest, giving the body permission to finally shut down.

ABOUT DR. MICHAEL TEBBE, DC

HELPING YOU FIND EASE IN THE SEASONS THAT MATTER MOST.



I'm Dr. Michael Tebbe, a specialized pregnancy and pediatric chiropractor here in Los Angeles. With 20 years of clinical experience, my passion is supporting families during pregnancy, postpartum, and infancy—seasons where the body is adapting at its fastest and where gentle, principled support matters most.

Why I Do What I Do

My journey into specialized care began in 2011 with a patient named Austin. At just 4 months old, he was constantly crying, struggling with constipation, and clearly uncomfortable. After a short series of restorative adjustments, his body began to function the way it was designed to; he finally slept, and his parents felt like they could finally breathe again.

Seeing that transformation sparked over a decade of research. I am Webster Technique certified, a specific chiropractic analysis and adjustment used to balance a mother's pelvis and reduce stress on her uterus and supporting ligaments. I have since invested over 500 hours into the science of how spinal tension impacts the nervous system, developing the gentle, specific techniques I use today for my most delicate patients. This mission became even more personal when I became a father and saw firsthand the importance of checking my own daughter's nervous system right after she was born.

What Makes Our Care Different

Many people are nervous because of "cracking" videos they see online. My approach is the opposite: it's very gentle, often incorporating fingertip pressure, subtle movements, and red light therapy that help the body "melt" into alignment. Care here is unhurried and specific. I move at a pace your child's nervous system can tolerate, explaining what I'm doing as I go.

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