

# *How to create a quality pediatric environment*

Don't wait any longer.  
This easy guide will have you  
set up in no time!



NURTURING PEDIATRIC & PRENATAL WELLNESS

# INTRODUCTION

So, you're ready to make the move and create a dedicated area in your office just for the littles! Good for you! I am very proud of you for taking the leap. Although, I know how much fun you are about to have in this part of your office, in fact, I know it's going to be your favorite new spot, I can't wait for you to find out! In this guide, I am hoping you get all that you need to set up the right environment for kids that also, fits into your existing office and floor plan.

Before we get into the details of all of that, I need to share with you that all of this information is simply what has worked for me! It is not the end all be all, so have fun with this advice. Change it up, come up with an even better way. I encourage you to be YOU, and let this information inspire you to build what is great for you. Also, all of the items that I am suggesting to you are items that I use in my office because we have found that they work the best for us. I am not being paid to promote these items specifically, I am not sponsored by any of the companies. I am however, going to provide you with my Amazon Affiliate store link to purchase these items through, which, yes, I hopefully will get a little kick back if you choose to buy any (or all) of the items I am suggesting. It doesn't increase your costs! This is just full disclosure, had to be said!

When I first began seeing pediatrics to a volume that I required a dedicated section of the office, I tried everything! This has been a work in progress for sure. Do what you can or use what you have. It doesn't matter to me. What matters to me is that you do it! You do it confidently, safely, and effectively. In a recent conversation about the floor mats I use, I realized I was getting caught up in the logistics of a mat, rather than, wait... just get on the floor! A mat is great, but the point is really getting on the floor at the level of the kids. So, don't make the same mistake when you're going through all of this material. You can take your transition step by step. At the end of the day, it is your patient interaction and actual chiropractic care that really matters!

This guide may seem a little long but it's necessary. I want to be thorough and do my best to answer questions you may have before you have them! Having the right environment can help you to get comfortable in a place that may be very uncomfortable for you to actually be in for a while! What I mean is, you may not be super confident examining or adjusting these babies or kids, it may take a while for you to get used to getting down on the floor. I get that! But creating this space will give your patients and their parents the security they need to think that you are on fire and know exactly what you're doing! You are an amazing doctor; chiropractic is so lucky to have your talents. Don't ever forget that!

# THE GADGETS

The following products likely have a link to my amazon affiliate store, remember I did not add them to this guide just to make money, or to sell you items you probably don't need or will use. These are products we use in our office and I am sharing with you, as we have tried so many out there and have just found these to be the best for us! If you want to use a different brand or have a different version, great! Go with it. This guide is free for a reason, not to get you to buy these items on the backend. Promise! Click the title/word to take you to the item page.

The gadgets in this section are the instruments I deem necessary to provide a truly thorough examination. I found a little Tupperware type of box that is really shallow to lay all of these gadgets in. You need to keep them in something, because first you'll want them all when you're doing an exam, and it's nice to have them all in one place, but also, you want to be able to easily put them all away! Away, like out of site and reach from your toddlers! They will break your stuff before you can blink, they will chew on your stuff, drool on your stuff, all the while mom is taking pictures of their cuteness. I promise you.

All of the suggested items are [linked](#) directly to Amazon by clicking either the title or picture!

## Stethoscope

This stethoscope is perfect for the very littles. I chose to use this vs. maybe a more popular brand like Littmann, which we do have, for the adults and older kids too! But this one is perfect for the kids that might be a little nervous, don't like to be touched. You can swap out the little animals, make some fun and friendly noises with these kids, but it functions great, so it will tune out other noises going on in the room.



## Otoscope

<https://amzn.to/3n8rbYe> & <https://amzn.to/3nboDZL>

I have tried so many different otoscopes, and when it comes to using this piece of equipment, don't cheap out! It truly makes a big difference. This one is so great too because, although it uses batteries, you can plug it in to recharge. This is sold separately so there are 2 links for this item.



# THE GADGETS

## Pulse Oximeter

The most common pulse oximeters are finger clips. These are fine, but really not for little ones. Their little fingers can't get to the sensor, and they don't hold still long enough to get a decent read. This is again not the most expensive option, but in my opinion, it is the absolute easiest and reliable. I've tried the uber expensive and it's simply not worth the money!



## BP Cuff

The important part of your blood pressure cuff for anyone is making sure there isn't a lot of movement. You know the error message, "Excessive movement" AH! We moved to a wrist Bp monitor in order to have a Velcro option to use on ankles of 'littles' or wrists of 'biggers'. They work great and then you don't have to worry about changing cuffs depending on age.



## Pen light

A pen light is needed to assess pupils. But I will say, you can remove the specula of your otoscope and use that light as well! BUT, a pen light is also helpful for older kids and adults if you are assessing their eye muscles and CN's by having them follow your pen in a figure "H".



## Reflex Hammer

Simple. Keep it simple. Now, if you are a super neuro- driven chiro, then by all means, step your hammer up a notch! Otherwise, all you really need is a cool color (think branding 🧐)! You will need this for obvious reflexes, as well as testing primitive reflexes like Galant.





# THE GADGETS

## Tuning Fork

A tuning fork is great to have on hand. This is a trio. I like to use these to test hearing for older kids that can reply and let us know if they can hear. These are really awesome to help assess for acute fractures. Even if you have an x-ray unit in house, it is no for an acute fracture to be missed on x-ray if it is very new/acute, due to inflammation. A tuning fork is an old, traditional way to test for fracture.



## Finger Cots

Finger cots are a must. We need these in lieu of wearing full gloves, although, you may! A pack of these will last you a very, very long time. You can use these when assessing for TOTs as well as adjusting the palate, TMJ, or other cranial bones.



## Tape Measure

Any cloth tape measure will do! I like these because they come in bulk! Why not have one in every room!



## Infant Scale

This is really important to have on hand. Even if you only see a handful over a few months, you really need to have the appropriate gadget for a thorough exam. Having said that, you truly can weight mom, then have her hold the baby and step back on the scale and do the math.



# THE FURNISHINGS

Okay! Now you are cookin'! You have all the gadgets to ensure your exam is on point. Proud of you. But what about the rest of the environment. You know, the comforts! Here are the items I have found to be the best answers to ensure a comfortable adjustment for me, my staff, the babies and even the parents and siblings. These are the items that can really give a “wow” factor when people walk into your adjusting area for the first time!

## Floor Mat

I actually have 2 different floor mats. This is the one that is A permanent structure in my adjusting rooms. You can flip Them over to change is up a bit, they are a little thick, so If a baby falls over, they won't crack their skull! They are Bright and offer a lot in terms of engaging the kids. Play “I spy”, ask kids to identify animals, use blocks as a balance beam to assess balance, and more! The second option is if you are wanting to morph a traditional adjusting room into a floor friendly adjusting room instantly! The link for that one is here: <https://amzn.to/3pbP2IE>



## Infant Pillow

There are a lot of options in terms of baby pillows. I chose this one because I love the angle, especially for the newer babies! It is a higher angle so they can comfortably lay on their stomachs, sides and snuggle up on their backs. It won't allow for the babies to slip through the pillows or kick out!



## Toy Chest

I like this chest because it will hold toys, but also serve as a seat for the parents that choose not to sit on the floor.



## Blankets

These are great to put over the pillows, like face paper for an older patient. You can use face paper but blankets are nicer.



# THE EXTRAS

This is all of the stuff that help the ambiance of your environment. Maybe it helps the child feel more comfortable, maybe it is something that can distract. Any which way you look at it, these extras are great assets when it comes to adjusting kids!

## Sound Puzzles

Having had everything but the kitchen sink as toy options for kids, we have been able to narrow it down to a few basic options that will satisfy the kids, assist with distraction, feel educational, be easy to clean and serve a purpose in helping to achieve a successful visit.



## Building Blocks

Blocks serve a multi-purpose in assessing a child's abilities (stacking, colors, shapes), but they can also help you to keep a child busy while you examine or adjust them. They are really great to keep siblings busy too!



## Rattles

Being able to have a quick distraction when a baby is crying or a toddler is fussing is great! These are great for several reasons. They rattle, roll, and have the holes for super littles to learn to grip.




## Shiny Distraction

A distraction is very helpful if you need to take pictures of a child, get them to calm down, look in their ears, any reason to find something "shiny" for a baby/toddler! You'll be glad you have it!



## Music on demand

Having background music is really helpful with kids. They generally Really love music. But what makes it even better, is being able to Pull up their favorite song on demand! "Baby Shark..doo do.." 



# NOW WHAT

Alrighty! Now you have alllllll that you could ever need to make your pediatric environment so wonderful, safe, fun, and efficient! This is so great! Where are you? What do you do!?!? You just DO! Although I am more than happy to come to your office and help you figure out how to fully integrate pediatrics into your office, or maybe you need me to help you with your efficiencies in your office when it comes to the intake and billing portion. Cool. You know I am here for that.

I didn't start my pediatric practice as a super seasoned professional at it! Neither will you! That's okay. Like I said earlier, you what you need now, is to get comfortable in the environment you are about to or just started to create. Sit in the space, truly play out a new patient exam, play out adjustment scenarios with a newborn, with a toddler, with a 5-year-old, with an older child. What do you see is missing? What do you see is so exciting? What do you think you could use? Maybe on the walls. What does your personal report of finding look like? Does it work while you're sitting on the floor with mom and dad? Do you have a place to store that pillow when you don't need it? What about those blankets? Every baby needs their own blanket, I strongly encourage you aren't reusing blankets, just like you would not reuse face paper!

I just asked you so many questions. I am challenging you to build your practice in a way that you likely never have! This is not just a new area for your practice, but a way for you to internally market and grow your practice beyond your apprehension, I promise you this!

So, what's next? Show it off!!!! That's right! Take photos, take videos, promote the heck out of your safe and specific area JUST FOR KIDS! You are likely the only one in your area. Post about it, if you don't know what I mean by "post about it", well then you need to talk about it! It's all the same. Get all the momma's in your area talking about how YOU are THE place to go for pediatric chiropractic care.

No. You .... YOU ... are THE place to go for pediatric care period!



# CONCLUSION

That's a wrap! I truly feel you now have what it takes to set up a great environment for a pediatric practice! This isn't it though. I have so much more! Be sure to follow me, subscribe to my e-newsletter, and take some of my courses specific to pediatric adjusting. We are a team!



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