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FAMILY WELLNESS FIRST: KIDS CHIROPRACTIC

Kiro Tales: Episode 1

One morning while Kaylee and Kyle were eating breakfast, their mother told them about their plans for the day. They would finish breakfast, get dressed, and then go to the chiropractor to get an adjustment. THE CHIROPRACTOR!?!” Kaylee said, “for what? My back doesn’t even hurt a smidge.”

“I think my back hurts” said Kyle “I need to go.”

“Your back doesn’t hurt, Kyle!” Kaylee interrupted. “You just want to be big like Daddy!”

“Well, actually there are a lot of reasons to see a chiropractor” their mother began to explain. “But the most important reason is so you can stay healthy. When you two are playing, you jump up and down on the bed, you do somersaults and flips, and you even fall sometimes. What do you suppose happens to all those bones that are in your spine when you do that? Or when you are at soccer Kyle, or when you go to gymnastics, Kaylee?”

“I think they get squished up in a ball and bounce around inside me” Kyle laughed. “Maybe they bounce around like a pogo stick,” Kaylee giggled.

Their mom smiled. “Well, it’s important that we take care of our spines and nerves. Our nerves control everything in our body! Just like we visit the dentist to make sure our teeth are healthy, we also need to go to the chiropractor to make sure our whole body stays healthy.”

When Kaylee and Kyle arrived at the chiropractor they were a little nervous. They had never gotten an adjustment before, and they were afraid it might hurt.

“Kyle, I bet the chiropractor will be mean and have big teeth and GIANT hands and he’ll shake you all over” Kaylee said, trying to scare Kyle.

“Nuh-uh” Kyle whimpered.

Just then, Dr. D came out to meet Kaylee and Kyle and introduced himself. He wasn’t scary at all. He was funny and made them both laugh.

Dr. D. flew Kyle around like he was superman, and laid him on the table. He checked his spine and made sure to adjust the parts of his spine that were out of line. Dr. D. gently adjusted Kyle to keep his whole body healthy.



“All done!” said Dr. D. “Give me a high five!”

Kyle was surprised it was so fast. “I feel better already!” said Kyle jumping off of the table and high fiving Dr D.

After Kaylee was adjusted Dr. D. told them to go see his assistant, Carol, who gave them stickers. Going to the chiropractor turned out to be a lot of fun!!!

When they were leaving, Dr. D. said goodbye and told them “I’m glad that you came today, and just remember, I got your back!” [FWF](#)



Janaiah von Hassel, CEO of Kiro Kidz, is a proud mother of two young boys, Landon and Corbin, who she happily nurtures alongside her husband, Matthew. Janaiah turned to chiropractic after receiving her son’s autism diagnosis and, in doing so, discovered that her entire family benefited from care. In her desire to spread the word, she has found great fulfillment in her work with Dr. Todd Defayette on the creation and development of Kiro Kidz. This animated children’s book tells an exciting tale of the benefits of chiropractic care.

Kids Coloring Page



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John M. Ferguson, D.C.

Ferguson Family Chiropractic, PLLC

653 Plank Road, Clifton Park, NY 12065

518.383.5595 www.ForLifetimeWellness.com

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