

Transforming Infants' Lives Through Touch

Learn about the transformative touch of Rosemarie Holiday.

BY ELIZABETH MCCABE
PHOTOGRAPHY BY APRIL MCGILL PHOTOGRAPHY

Never underestimate the power of touch to make a transformative difference in someone's life. Resident Rosemarie Holliday knows that truth firsthand. With her expertise, the delicate lives of infants are nurtured and transformed through the gentle art of Craniosacral Therapy.

"A mom I was working with had pain all the way to her toes when she breastfed her baby on the left side. The baby had a tongue tie," explains Rosemarie. "I released various bones and tissues in their mouth and their body." During the first visit while breastfeeding, the mom saw an incredible difference, "This feels so much better," she reported. By the third visit, there was no more pain during breastfeeding. The baby was also doing beautifully. "He eats fast, gets full, and has gained weight," smiles Rosemarie. "Seeing that progress is really fulfilling."

EXPERIENCE + EXPERTISE

Rosemarie's journey into the world of Craniosacral Therapy began through her extensive experience as an Occupational Therapist, spanning over two decades. Her deep love for working with infants led her through various settings, including outpatient pediatrics, school-based therapy, and even the Neonatal Intensive Care Unit (NICU). It was during her time in the NICU that Rosemarie encountered Craniosacral Therapy, a modality embraced by neonatologists to address a myriad of issues faced by newborns.

How did she get started in this new line of work? "I took a class on Craniosacral Therapy and fell in love with it," explains Rosemarie. "I took another class, followed by another one to improve my skills."



When she asked her husband if she should make a private practice, he encouraged her to follow her passion.

Taking his advice to heart, Kern Infant Craniosacral Therapy was born, coming to the rescue of infants and their families. "I mainly focus on infants at this time," says Rosemarie. "I can see changes in them - immediately and over time - to help them more optimally grow and develop. It's really lovely to watch that, seeing differences that are made through this type of therapy."

At Kern Infant Craniosacral Therapy, Rosemarie specializes in treating a wide range of conditions that affect infants, including torticollis, plagiocephaly, reflux, tongue ties, and birth trauma, among others. Through the subtle yet profound touch of Craniosacral Therapy, she assists babies in restoring balance to their bodies, facilitating optimal functioning and development.

A SIMPLE PROCESS

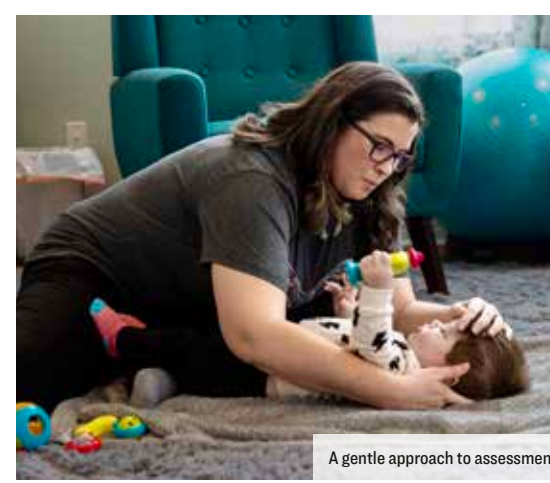
The process begins with a comprehensive assessment, where Rosemarie takes the time to

understand each baby's unique journey, from pregnancy to birth and beyond. Utilizing gentle touch techniques, she assesses and works to release tension in the body's tissues at the same time, allowing for relaxation and relief from discomfort.

"The touch we use with Craniosacral Therapy is a light touch," explains Rosemarie. "It's the pressure of a nickel lying on your skin, which is 5 grams or less." The therapy is playful and welcomed by little ones. Using touch, Rosemarie is able to feel what is going on in the tissues through the fascia of the body. Releasing the fascia (which is underneath the skin and around muscles and bones) is key to optimizing health. "Anytime there is torque on the fascia, it can tighten up," she points out. A world of difference can happen when the fascia is released.

A DEDICATED MOTHER

When Rosemarie isn't helping infants thrive, she finds joy in her role as a wife to her husband of 25 years, Craig, and their three teenage boys. Craig, a teacher at Bakersfield High



A gentle approach to assessment



All smiles after therapy

School, and Rosemarie are blessed with three sons: Ian (18) and 16-year-old twins Ryan and Colin.

To relax, Rosemarie enjoys baking goodies, taking leisurely walks with Craig, playing pickleball, and having dinners together as a family. They also like camping and enjoy the constant companionship of their two dogs, Bailey and Ozzy. Bailey is a Shepherd mix and Ozzy is an Australian Cattle Dog from the SPCA.

This tight-knit family has lived in the Seven Oaks area for 15 years and counting.

other healthcare providers and ongoing community outreach, she endeavors to create a supportive network for families seeking holistic care for their little ones.

For Rosemarie, the journey of transforming infants' lives through touch is not just a profession but a calling—one that brings fulfillment and joy with every milestone achieved and every baby's smile restored. Through her lifework she is illuminating the path towards a healthier, happier future for our tiniest miracles.

TRANSFORMING LIVES, ONE INFANT AT A TIME

As Rosemarie continues to touch and transform the lives of infants and their families in Bakersfield, she remains committed to spreading awareness about the benefits of this gentle healing modality. Through collaboration with

Kern Infant Craniosacral Therapy
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