

Lifting and Lowering Baby to a Changing Table



When lifting and lowering your baby to and from a changing table, it's important to use proper form to make the movement easier and prevent injury to your back, neck, or shoulders. To lower your baby down to a changing table:

- Begin standing close to the changing table.
- Pull your belly button in to tighten your abdominals.
- Then lunge forward slightly to bring your baby as close to the changing table as possible.
- Keeping your back straight, lower your baby down to the changing table.

To lift your baby up from a changing table:

- Begin standing close to the changing table.
- Pull your belly button in to tighten your abdominals.
- Then, keeping your back straight, lunge forward slightly to pick up your baby.

- Bring your baby close to your chest to avoid straining your back.

Tip: Stay close to your baby and the changing table throughout the movement. If you need to get closer to the table, bend from your hips and keep your back straight.

Lifting a Car Seat



When lifting and lowering your baby in a car seat, it's important to use proper form to make the movement easier and prevent injury to your back, neck, or shoulders. To lift a car seat:

- Begin standing close to the car seat on one side.
- Keeping your back straight, squat down and grab the handle of the car seat.
- Pull your belly button in to tighten your abdominals. Then lift the car seat up and return to standing.
- Make sure to keep your back straight throughout the movement and try to keep your weight evenly distributed on both feet.

Holding and Carrying a Baby



Airplane Hold



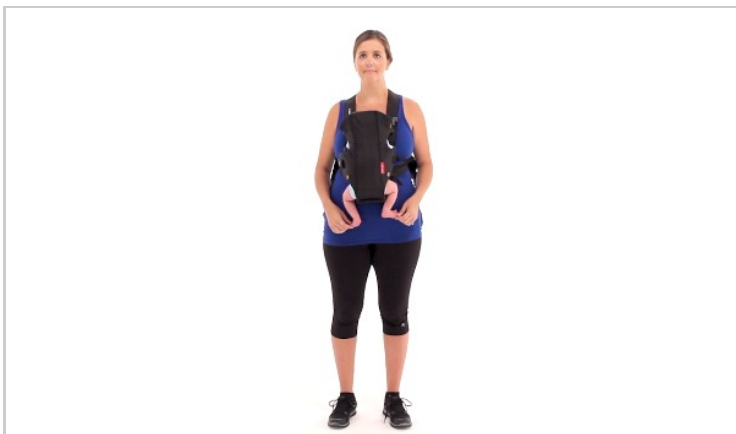
Front Facing Hold



Straddle Hold



Breastfeeding Hold



Front Pack

As a parent, you hold, carry and feed your baby many times a day. It's important to use proper form when you hold, carry and feed your baby to make these movements easier and to prevent pain, strain, or injury to your back, neck, and shoulders.

To help you stay safe and comfortable while feeding your baby, keep these tips in mind:

- Find a comfortable place to sit that supports your back and shoulders and allows your hips to be slightly higher than your knees. Do not cross your legs.
- Hold baby close to your body
- Keep baby's weight balanced in the center of your body
- Keep your head, neck and shoulders relaxed and back against the chair back rest, do not round your shoulders forward in a slouching position.
- Pull your chin in (double chin position) before you look down at your baby. This will help to protect your neck. Whenever possible look straight ahead and do not let your head protrude forward.

To help you stay safe and comfortable while holding and carrying your baby, keep these tips in mind:

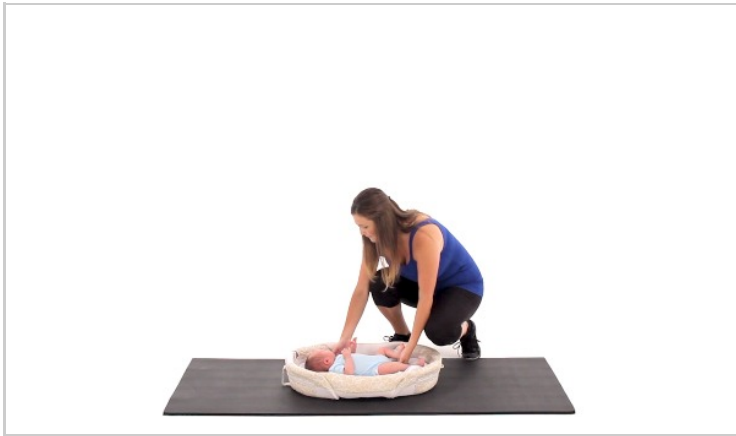
- Hold baby close to your body
- Keep baby's weight balanced in the center of your body
- Stand with weight evenly distributed on both feet
- Keep your back and neck straight
- Keep your shoulders relaxed

Next time you hold your baby, try one of these positions:

1. **Airplane Hold:** Hold your baby across your body facing outwards, with one arm supporting their head and your other arm between their legs.
2. **Front Facing Hold:** Hold your baby upright facing outwards, with one arm supporting their bottom and your other hand supporting their chest.
3. **Straddle Hold:** Hold your baby upright facing inwards against your chest.
4. **Breastfeeding Hold:** Hold your baby across your body with your baby's head cradled in your elbow. To avoid straining your back and neck, be careful not to bend over your baby when feeding them in this position.
5. **Front pack:** Carrying your baby in a front pack can help ease back pain by distributing your baby's weight more evenly across your body. The pack should be centered on your body and positioned close enough so that it's not pulling you forward or causing you to slouch. Try to avoid pushing your pelvis forward.

If you have any questions about which positions may be best for you, please contact your healthcare provider.

Squat Lift with a Baby



Squat down to pick up your baby.



Keeping your back straight, push through your legs to stand up.

As a parent, you lift and lower your baby multiple times a day. It's important to use proper form when you do this to make the movement easier and prevent injury. Lifting your baby the wrong way can hurt your back, neck, or shoulders. Next time you lift your baby off the floor, use a **Squat Lift** technique to help keep your back safe from injury:

- Begin standing close to your baby, slightly to one side.
- Your feet should be shoulder width apart, with one foot slightly in front of the other.
- Pull your belly button in to tighten your abdominals. Then squat down by bending your knees. Make sure to keep your back straight.
- Pick up your baby and bring the baby close to your chest.
- Keeping your back straight, push through your legs to stand up.
- Make sure to keep your abdominals tight and your back straight throughout the movement.

To lower your baby back to the floor, reverse the movement:

- Begin standing close to the spot on the floor where you will place your baby.
- Your feet should be shoulder width apart, with one foot slightly in front of the other.
- Pull your belly button in to tighten your abdominals.
- Then, holding your baby close to your chest, squat down by bending your knees. Make sure to keep your back straight.
- Gently place your baby on the floor.
- Once your baby is settled, push through your legs to stand up, keeping your back straight.