

Childcare and Your Back



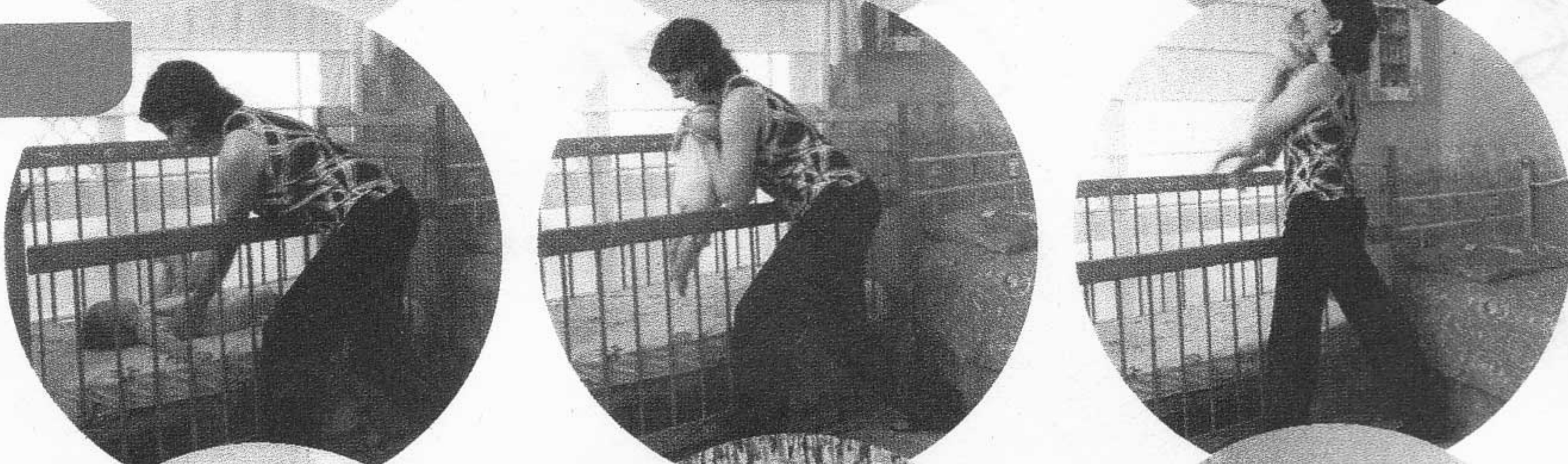
Floor



AVOID



Crib



AVOID



Bath



AVOID



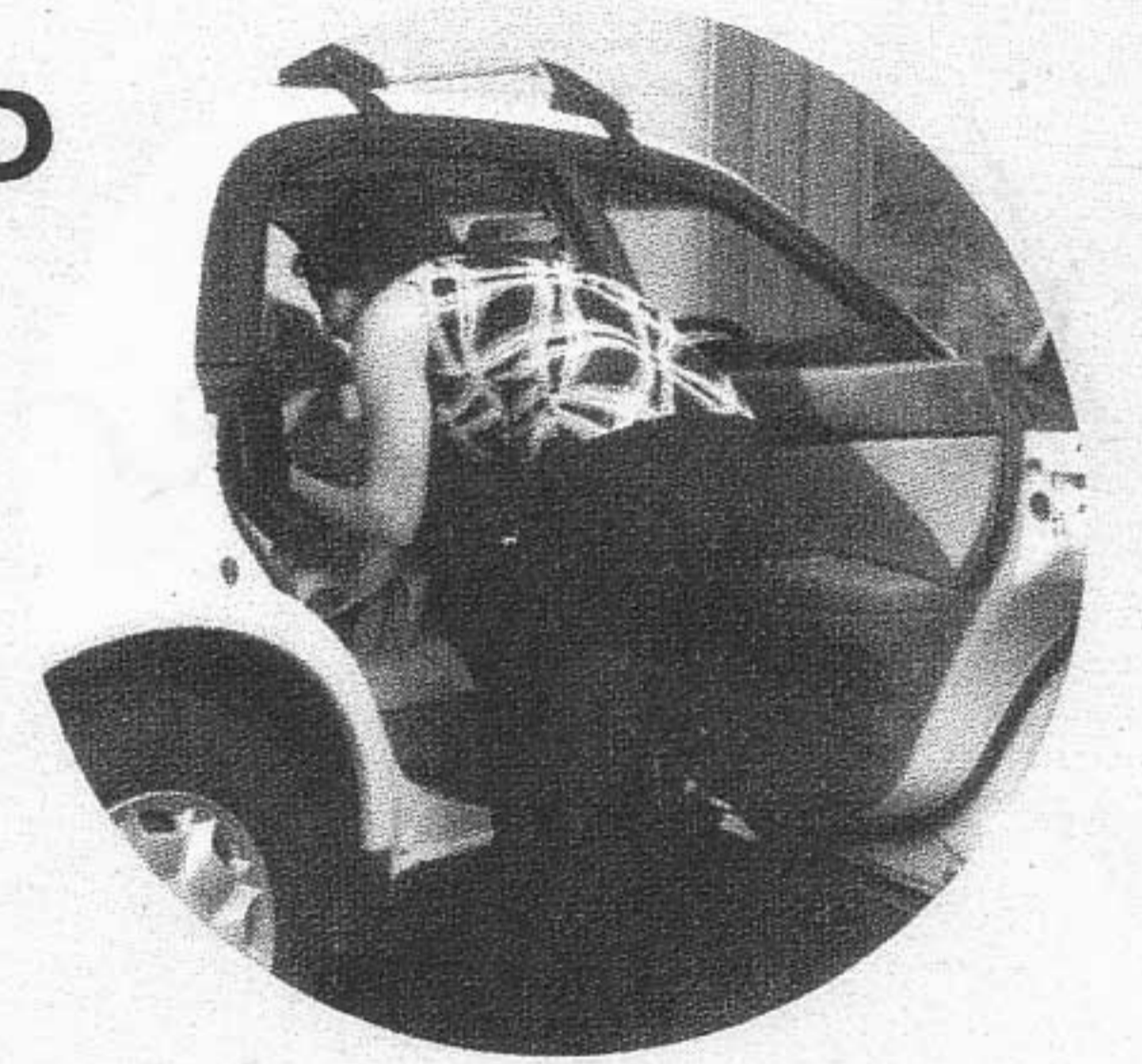
Lifting from the floor: Squat down and bring your baby close to your body. Sit your baby upright and cradle lift your baby to your thigh. For young babies, ensure that the baby's head and neck are well supported. Lift them with one hand under their head and the other under their buttocks (between their legs) where possible. Stand up using the power of your legs, keeping your back straight and shoulders in line with your hips.

Lifting out of the crib or cot: Bring yourself as close as practical to your baby, trying to keep your shoulders in line with your hips. Place one foot forward of the other. Use your legs for power to help lift you and your baby up. Try to avoid bending and twisting at the waist.

In/ out of the bathtub: Kneel down on one leg and get as close as practical to your child. Pull your child close to your chest and lift using your leg muscles. Try to minimize bending and twisting at the waist and reaching. Use a safety mat in the tub. For smaller babies, use a baby bath positioned at waist height to minimize bending.



AVOID



In/out of the car: The key is to keep your baby close to you and avoid reaching as much as practical. Keep your back straight and by bending your knees, lower your body while holding your baby close to your chest. It may help to put one foot into the car to support your weight as you lean forward with the baby. Putting a baby in a car seat is often an awkward task even with the best of intentions. **Alternative:** A possible alternative for a younger baby with a backward facing seat is to position the seat in the middle of the car. Sit back into the car with your baby, and swing your legs into the car. Then place your baby into the seat, trying to minimize twisting and reaching.



Carrying: Keep your baby as close to you as practical. Maintain a neutral posture with your shoulders in line with your hips, keeping your body as upright as practical. However, slightly change your body positions from time to time.

Feeding: Use pillows to support the weight of your baby during feeding. Pillows also help maintain a neutral posture for both you and your baby. Pillows can help with both bottle and breast feeding.

Changing baby: Use a change table at about waist height to keep yourself upright. Keep your baby close to you and avoid bending at the waist. If changing your baby on the bed, kneel down and keep your back straight. Avoid changing your baby on the floor.

ESSENTIAL HEALTH CHIROPRACTIC
 ABN 30 299 151 676
 SUITE 26, CHARRINGTON COURT
 35 OLD NORTHERN ROAD
 BAULKHAM HILLS, 2153
 TEL: (02) 9686 2211 FAX: (02) 9686 2213