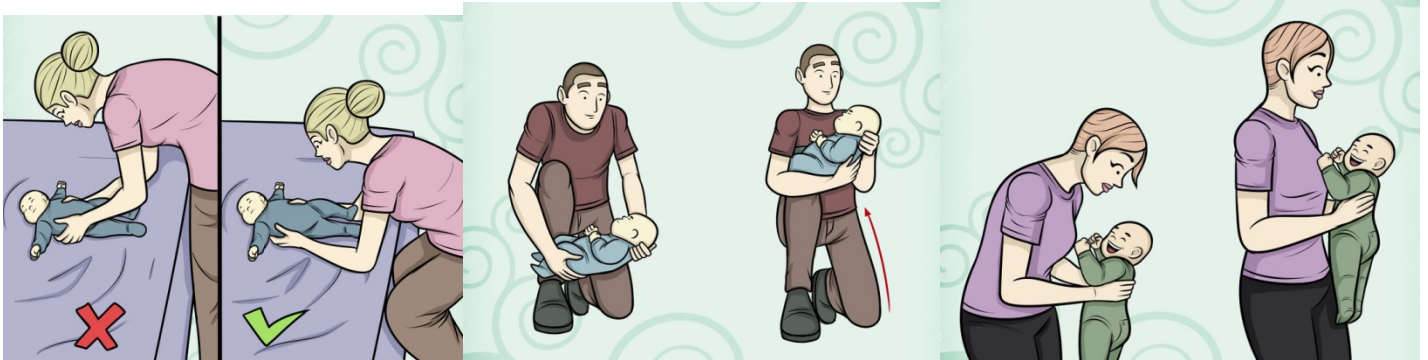


Baby Handling Tips

1. Lifting

- Bending at the knees is particularly important if you have recently given birth. Your legs are much stronger than your back.
- Your feet and knees should be at least shoulder-width apart when you lift.
- Avoid twisting your hands side to side and do not hook your thumbs under the baby's armpits. Keep your fingers together and cup your hands instead.
- Scoop baby under the body or body/head keeping wrists at straight as possible
- Rely on your palms instead of your wrists to lift. Lifting a baby can put a strain on your wrist



2. Holding

- Hold baby like a “football” in a cradling motion.
- Keep your thumbs close to your hand. Large gaps between your thumb and the rest of your hand will put a strain on the tendons that control your thumb.
- Watch wrist positions, keep them as straight as possible, and avoid pointing toward ground



3. Carrying

- Use two arms not one, such as carrying on your hip
- Alternate shoulders if shoulder carrying
- Carry baby in front with support under legs and around body
- Use a carrier with the widest straps possible that is appropriate for weight. Ergonomic carriers are available

<http://mamaot.com/25-tips-for-preventing-injury-in-infant-caregivers/>

http://izhowto.com/topic/lift_and_carry_a_baby

<http://www.safebee.com/family/how-carry-baby-without-hurting-your-back-or-wrist-or-hips>

<http://www.fitpregnancy.com/baby/baby-care/best-ways-carry-lift-and-push-your-baby>

Baby Handling Tips



4. Strollers and Car seats

- If the car seat is in one of the outside seats, put one leg into your car and face the car seat to put the baby in and out of the car seat
- For strollers, get directly in front of stroller, use knees to bend down to the correct angle
- Check your wrist position on stroller, the best way is to keep straight wrists. Pushing should come from your legs and shoulders, not your hands
- The worst thing you can do is keep both of your feet on the ground and twist your entire body to place the baby in the car seat or stroller. You can injure your shoulders, knees, back, wrists, and neck.

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