

## Moms and Dads—Watch Your Back!

We have recently seen some new Moms and 1 Dad who who have hurt their back after lifting and carrying their new baby.

So here are some easy tips on how to lift and carry your baby without hurting your back. Even though you may feel you have to juggle several tasks at the same time, take a moment to think before lifting your child.

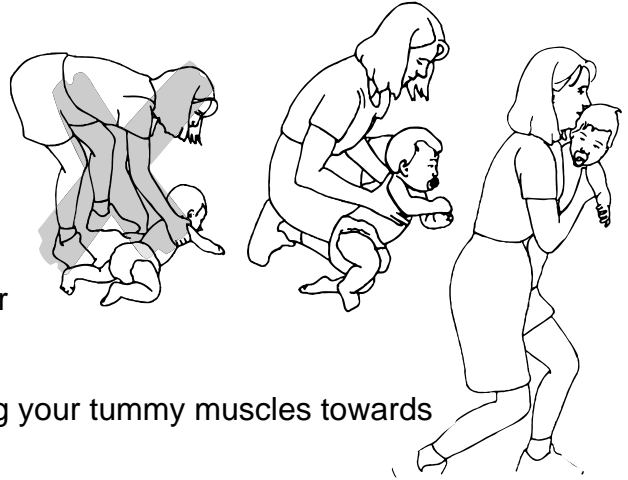
### How to lift your child without hurting your back:

**First Step:** Place yourself directly in front and close to your child prior to lifting. Do not lean over or twist your back to reach for your child.

**Second Step:** Pull the baby close to you and keep your arms close to your torso for extra support.

**Third Step:** Tighten your core muscles by gently pulling your tummy muscles towards your spine.

**Fourth Step:** Place one foot in front of the other and then exhale as you get up from the floor.



### How to carry your child without hurting your back:

Hold your baby close to your body and avoid resting your child on one hip.

There must be “50 ways to hold your baby”, but some of the safe positions are:



**Shoulder  
Carry  
Position**



**Cuddle  
Position**

**MRPT Physical Therapy is conveniently located in Midtown Manhattan, 6 East 45th Street.**

You can get in touch with us at 212-661-2933 our website is [www.MRPTny.com](http://www.MRPTny.com) or you can email any questions to [MRPTny@aol.com](mailto:MRPTny@aol.com).