

# Ergonomics for Parents

## HELP GUIDE

### 1 Feeding

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- Bring baby up to you rather than yourself down to your baby
- Use pillows to help support your position

### 2 Changing Diapers

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- Try to adjust the height of the surface so you don't have to bend over too far
- Keep the items you use most within easy reach

### 3 Lifting Baby In/Out of the Car

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- Keep baby as close to you for as long as possible
- Try to minimize twisting by keeping your shoulders and hips facing towards your baby as much as possible
- Consider placing one foot inside the car for extra support

### 4 Lifting Baby In/Out of Crib

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- Keep baby close to you for as long as possible as you lower into the crib
- Try to keep your back straight and hinge at your hips
- Widen your stance and engage your core

### 5 Wearing Baby

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- Keep baby close to you and high on your body (close enough to kiss!)
- Try different types of carriers/wraps until you find one that feels comfortable

### 6 Pushing Strollers

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- Adjust handlebars so they are at the height of your bellybutton
- Keep your wrists neutral when pushing

### General Tips

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- Alternate positions when you can...for example, don't always hold baby on the same hip or carry the carrier with the same arm.
- Exhale when lifting heavy items to help get a bit more stability and strength from your core and pelvic floor.
- Try to maintain neutral positions (straight spine, straight wrists) when doing repetitive activities.