

Back Care with Baby



Looking after your new baby can place strain on your back. Whether you had a caesarean section or natural delivery, your abdominal and pelvic girdle muscles will be weak and take time to recover: from weeks up to months. During this time your lower back can be vulnerable and with the repeated actions of lifting, holding and carrying your new baby, back pain can become a very debilitating problem for new mums. Follow this advice in order to avoid adding any more strain to your body while you recover.

Lifting Baby Safely

Before lifting your baby, get as close as you can to the cot or your baby. Gently contract your deep abdominal muscles. Standing square on to your baby, gently squat keeping your back straight. If you need to twist slightly to support your baby's head, this is fine. When you have your baby in your hands, keep your baby close to your body and straighten your knees to stand up. The video shows you both the right and the wrong way of lifting your baby.



Putting Baby Down Safely

When placing your baby down, get as close to the cot or Moses basket as you can. Keep your baby close to your chest as long as possible. Stay square on to the cot or Moses basket. Bend your knees to go into a squat position, keeping your back straight, as you place your baby down gently.



 **Video:**
<https://youtu.be/6qKbwENRL4A>

 **Video:**
<https://youtu.be/d634qNc2Jt0>

Carrying a Baby Car Seat

A car seat can be very heavy to carry. When carrying it to your side, it can place a significant amount of strain through your back, neck and shoulder. The correct way is to squat down, gently contracting your deep abdominal muscles and getting square on to the baby seat. Holding the car seat in both hands and evenly distributed, push up through your legs. Keep the car seat as close to your chest as possible, and walk the shortest distance you can. Ideally use a buggy instead of carrying the car seat, and never bend and twist while carrying a car seat.



Breast Feeding Posture

Rounding your back and having your baby too low can cause you significant discomfort in your neck and back. Try to avoid rounding your neck and tucking your chin down. Maintain upright posture when breast feeding. If you find it easier, place some pillows on your lap to help support your baby.



 **Video:**
https://youtu.be/7SolaVs_YCY

Carrying your Baby in a Carrier

Using a carrier can help your posture and save putting strain through your back and neck. When you are walking, maintain good upright posture, keeping your chin up and looking straight ahead. Avoid rounding your back or stooping forwards when you walk. If you want to, you can add further support by placing your arms around your baby.



 **Video:**
<https://youtu.be/9sUSX0nSuqM>

 **Video:**
<https://youtu.be/QQwGIUGIem8>

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