

LIFTING YOUR BABY

Do's & Dont's



This puts your rib cage and pelvis out of alignment.

1. Rounding Back

Avoid rounding your back as this puts pressure on your discs causing them to bulge - a common source of back pain.

2. Straight Legs

Avoid bending with straight legs as this forces you to tuck your tail, making it impossible to activate your core.

3. Bracing on the Lift

Grunting on the lift is a sign that you are putting pressure against your abdominal wall - contributing to diastasis recti. It also bulges your pelvic floor - contributing to incontinence.

1. Neutral Alignment

Bend your knees and hinge at your hips to keep your back straight and maintain alignment of ribcage and pelvis.

2. Exhale & Engage

On the exhale, draw your belly button in towards your spine to engage your core muscles. Then stand and lift using these activated core muscles.

3. Balance

Placing one knee on ground helps you get lower and gives added support, while maintaining neutral alignment.

4. Keep It Close

Don't forget to pull the baby close to your body as you lift to avoid straining your back.



This maintains neutral alignment, allowing you to activate your core.

