

Lifting and carrying a child, picking up toys off of the floor, and pushing a stroller are normal daily tasks for mothers and other child care providers.

Cedar Hill Physical Therapy, in conjunction with The American Physical Therapy Association (APTA), offers these tips to help moms and other care-givers accomplish these daily feats without aches and pains.

A Physical Therapist (PT) is an expert in movement and function. A PT who is a member of the APTA is bound by the Association's *Code of Ethics* and is committed to providing competent and compassionate care.

In North Carolina, you do not need a physician's referral in order to see a PT and you always have the right to see the PT of your choice.

This brochure is not intended as a substitute for professional health care.

To learn more about how physical therapy can help you feel better and move better, please visit us at cedarhillpt.com or contact us at 336.644.9661 or info@cedarhillpt.com.



Posture Tips For Parents & Childcare Providers:

*A Physical Therapist's
Perspective*



Carrying/Holding Your Child



When holding or carrying your child, you should always hold him or her close to your body and balanced in the center of your body.

Avoid holding your child in one arm and balanced on your hip.

When using a child carrier, be sure to keep your back straight and your shoulders back to avoid straining your back and neck.

Lifting Your Child from the Floor



When picking your child up off the floor, you should use a half-kneel lift.

First, stand close to your child on the

floor. While keeping your back straight, place one foot slightly forward of the other foot, and bend your hips and knees to lower yourself onto one knee.

Once down on the floor, grasp your child with both arms and hold him or her close to your body. Tighten your stomach muscles, push with your legs, and slowly return to the standing position.

To place your child onto the floor, the same half-kneel technique should be performed.

Pushing A Stroller



When pushing your child in a stroller, stay as close to the stroller as possible, allowing your back to remain straight and your

shoulders back.

The force to push the stroller should come from your entire body, not just your arms. Avoid pushing the stroller too far ahead of you because this will cause you to hunch your back and shoulders forward.

Lifting Your Child from the Crib

Keep your feet shoulder-width apart, knees slightly bent.



Arch your low back and, while keeping your head up, bend at your hips. With both arms, grasp your child and hold him or her close to your chest.

Straighten your hips so you are in an upright position, and then extend your knees to return to full stand.

To return your child to the crib, use the same technique and always remember to keep your child close to your chest.

Picking Up Toys from the Floor



When picking toys up from the floor, keep your head and back straight, bend at your waist, and extend one leg off the floor straight behind you.