

## **Body Mechanics for New Moms**

### **Getting into a car**

**Back into the car seat, keeping your knees hip width apart  
Pivot and bring both legs into the car at the same time**

**Avoid using the car seat as a portable baby carrier. Because of the shape of the carrier you have to hold it out to your side. This puts a lot of strain on your back, elbow and wrist. It is better to use a stroller or carry your baby close to your body.**

**Don't hold your baby on your hip, instead hold your baby with your hips and shoulders square, abdominal contracted and feet under your hips bearing weight equally**

**When lifting baby from the crib or floor bend your knees and keep your feet under your hips. Bring your baby close to you. Contract your pelvic floor muscles and abdominals as you lift. Exhale as you lift your baby. Do not hold your breath as you lift.**

**When nursing, bring the baby to your breast rather than leaning forward to the baby (you may want to support the baby on a pillow). Support your low back with a small pillow or folded towel.**

### **Getting out of bed**

**Contract your pelvic floor muscles and then the abdominal muscles. Holding this contraction, exhale as you roll to your side. Relax. Then contract these muscles again and exhale as you push yourself up to a sitting position.**