

How to Avoid Back Pain When Lifting Your Child

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Many parents get caught in the hustle and bustle of life and don't realize the wear and tear they are placing on their bodies by just lifting up their children. We soon forget that our one time 7 to 8 pound baby is now a 25 pound child who we lift up to 50 times a day. Think of all the times you lift your child from the crib, changing table, car seat, high chair, bathtub, or simply off of the floor. Each time you are lifting your child incorrectly, it puts more and more stress on your body, which could eventually lead to pulled muscles and chronic low back pain.

Here are a few suggestions to help with lifting, carrying and reaching for your child. Keep the normal curvature of your spine, keep curve in low back.

- Use a wide base of support.
- Squat down using your legs and not your back.
- Keep child close; do not lift with your arms out reached.
- Lower crib railing when putting child in or taking out.
- Get as close to car seat as possible or kneel on seat.
- Remove tray from high chair first before removing child.
- Avoid lifting child under arms to prevent shoulder injuries to the child.
- Avoid twisting or any jerking motion.
- Encourage child independence when appropriate.

By following these simple tips, not only will you be a smarter and perhaps healthier parent, but also you will be able to enjoy the time spent with your child.