

## CARING FOR YOUR BODY WHILE CARING FOR YOUR BABY

### HERE ARE SOME ALTERNATIVE STRATEGIES TO CONSIDER WHEN CARING FOR YOUR BABY:

- Try to keep your rib cage in line with your pelvis to minimize stress on your pelvic floor and abdominal muscles. This can also help you to find your core muscles again very early postpartum.
- Keep whatever you're carrying close to your body. This can be your baby, all the extra stuff that comes along with having a baby, groceries, or anything else that you might be moving from one place to another throughout your day.
- There is nothing inherently **WRONG** with rounding your back, but this is often the position of choice when lifting or feeding your baby. I want you to have **ALTERNATIVES** to what most people do when caring for their children. Using a variety of positions can help minimize repetitive stresses on your body.
- Try to gently engage your pelvic floor and transverse abdominal muscles if you feel like you need extra support through your core when lifting (refer back to my blog for strategies on how to do to this correctly!)
- Try to minimize rounding your back, especially if you are lifting heavier objects. This will allow you to use your leg muscles which are stronger than your back muscles. This will help you lift more effectively.



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