

Posture

- Avoid prolonged postures, especially those that involve bending forward and twisting. The height of your work surfaces should be altered, where possible, to improve your posture and take the pressure off your back.
- When feeding your baby it is important to get into a comfortable position before you start, once your baby is content you will be reluctant to move no matter how uncomfortable you are.
 - Sit with your bottom to the back of your chair with a support in the small of your back
 - Put at least one pillow on your lap, place your baby on the pillow. This will lift your baby up, reducing the pressure on your back while you are feeding
 - Rest your feet on the floor or support them on a small stool or step
- Avoid carrying toddlers on one hip. Try to carry your baby centrally either on your tummy or back, there are special slings on the market that can help you do this.
- If you need to carry a baby seat make sure the weight is carried centrally and not to one side of your body.

Additional general tips to help protect your back when lifting

Before you start

- Ask yourself if you need to lift the object?
- Can it wait until there is someone to help you?
- If possible make sure the object is as light as possible
- Use the correct lifting technique, bend your knees and keep your back straight

Sleep/Rest

To minimise pain at night try

- Sleeping on your side with your back straight
- Support your waist and tummy with a small pillow
- Keep your back, hips and feet in line by placing a pillow between your knees and feet
- Keep your back straight when turning over. You may find this easier if you keep a pillow between your knees as you turn.

Getting out of bed

To make this easier and reduce the strain on your abdominal muscles you may like to try

- Lying on your side at the edge of your bed
- Using your arms to lift your upper body
- As you drop your legs over the edge of the bed lift your upper body into a sitting position on the edge of the bed.