

# the Ergo Savvy family + Protecting your back!

Are you a parent/ caregiver + have a pain in the back? [no, I'm not talking of your little ones!]

Unfortunately, poor posture and improper ergonomics are common in workplaces and in people's daily lives. Parents and caregivers are 'suffering' too. As a Kinesiologist [human movement specialist], I use ergonomic principles to help people work + live comfortably and prevent injuries. Try a few tips and feel the difference!

Dr. Jennifer Wise [chiropractor from Thrive Natural Family Health [www.thrivehealth.ca](http://www.thrivehealth.ca)] has contributed too - thank you!



## feeding



Keep the full spine supported in the chair and notice the lumbar support and foot stool.

## sleeping



## baby/toddler carrying basics

~ By Dr. Jennifer Wise, Chiropractor ~

When carrying your little one, it is important to keep in mind a few things to ensure safety for both you and your baby.

- ➔ Avoid leaving your child in his car seat for long periods of time when you are not travelling in the car. This can place undue stress on the skull and cause flattening of their head.
- ➔ When carrying your baby, make sure her hips are flexed to 100 degrees- her knees should be slightly turned out and in frog leg position.

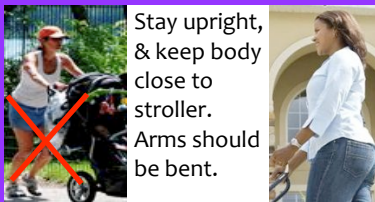


- ➔ Carrying your baby in an inward facing position will maintain proper hip position and neck position while sleeping.

- ➔ Be sure that your carrier is soft enough that it allows your baby's spine to maintain the natural outward curve that she was born with (in her first 6 months).
- ➔ Don't forget about yourself! Proper ergonomic support for the parent is important. Find a carrier with a hip/lumbar and a shoulder strap to evenly distribute weight and avoid injury.



## strolling



Stay upright, & keep body close to stroller. Arms should be bent.

## standing posture

Pregnant or not, the joints in your side profile should be somewhat aligned.

Note the black dots in the picture.



## first aid/ wellness scenario #17

Answers next bulletin

? WHAT GLOVES ARE RECOMMENDED IN A FIRST AID SITUATION + HOW CAN YOU CARRY THEM SO THEY ARE HANDY?

Answers to last 2HEALTH Bulletin's scenario #16:

1. At what temperature does a cold emergency become life-threatening?

> At 32° core body temp. the body stops shivering and collapse is likely. Gentle transfer to hospital is vital. At 31° core body temp, the person may become unconscious and breathing/ pulse may be affected.

2. What are 3 signs of frostbite?

> aching pain or numbness on areas  
> skin that feels hard and waxy, a white/ grayish colour  
> blisters

This bulletin is for information only and to be used in conjunction with medical care. Please consult a medical professional before starting an exercise program and for treatment of specific injuries.

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