

Useful tips

- In the beginning lay your newborn in a bassinet or cradle. A canopy protects the child from drafts and stimulus sensations.
- Older siblings can sleep in a children's bed located at the head or foot of the bed.
- Try to use car seats only for transporting the child in a vehicle – because the child is more sitting than laying and this puts a strain on the spine. On longer car trips plan to stop more often and take your child out of the car seat and lay it down flat.
- Do not leave your baby in a “swing” for a longer period because also the child is more sitting than laying.
- Baby slings and baby bags should also be used at a later time, because they – especially if they are tied incorrectly – force the child too early into a sitting position.
- Do not buy your child real shoes with stiff soles until it walks outdoors, to protect the feet.
- Avoid radios or televisions in the child's room.
- “Walkers” and “hoppers” are very dangerous! Accidents can happen, sprain of the spine and they may cause developmental disorders.

Competent help

Your paediatrician should always be the first person you turn to for help in medical questions regarding your baby.

If necessary he will transfer your child to our Child and Youth Medical Ward in the Verbundkrankenhaus Bernkastel / Wittlich.



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Disclaimer

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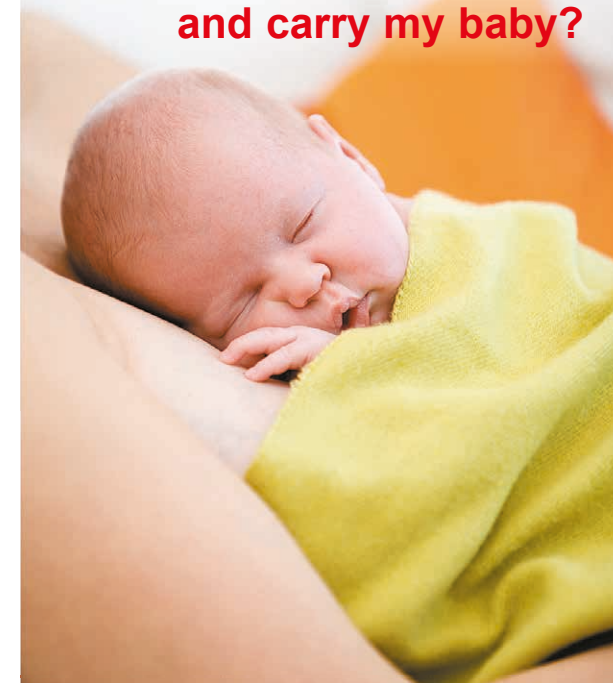
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**Verbundkrankenhaus
Bernkastel / Wittlich**



Infant handling

**How do I correctly hold
and carry my baby?**



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Natural, healthy growth

Dear parents,

You can contribute a lot to the healthy development of your baby. In this pamphlet we would like to share some ideas and suggestions on how to correctly pick up, hold and carry your baby during the first year.

By handling the baby correctly you can prevent dangerously overstressing the young bone and muscle apparatus and promote natural and healthy growth. Malpositions or damage to the spine for example can be hereby avoided.

*Your team in the
Child and Youth Medical Ward*

1. Sleeping / Positioning

During the first year of life your baby should sleep on its back - but it should spend half of its waking period on its stomach.

This way it trains its stomach and back muscles equally and gets to know its environment from both important perspectives.



Picking up / Carrying

2. Picking up

To pick up or lay down the baby **always turn it on the side first**. (alternate sides)

Picking up over the side is better for the cervical spine and promotes the equilibrium sense and initiates grasping and turning.



3. Carrying

Carry your baby either in the lateral position turned towards you (for pacification, left picture) or looking into a room (for stimulation, middle picture). It can lay on your arm either on its stomach (like an airplane, right picture) or on its back.



Feeding / Holding / Playing

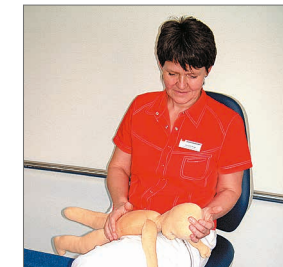
4. Feeding and holding

Alternate your nursing or feeding position between left and right side. When bottle feeding it is recommended to also feed your child on your lap.



If you hold your baby in an upright position, for example over your shoulder, **avoid positioning a hand under the child's bottom – your baby is not supposed to sit yet!**

Only at 9 months does a child have the coordination skill and strength to sit independently. If you sit it up earlier, it will droop in the spine. This can result in malpositions. The position lying on the stomach on your lap is another good option for a holding position (left picture).



5. Playing

To play lay your child on a blanket on the floor perhaps under a play gym. Speak to it alternately from each side.

A playpen with wood posts (not a net) can animate your child to pull itself upright.