



# 6 Tips to Check Your Posture & Positioning

MEDUSA PELVIC HEALTH and WELLBEING

## 1 Breastfeeding/Feeding Positioning

- Use a nursing pillow or bolster to support baby's weight.
- Ensure baby is brought to breast level to avoid leaning forward or hunching/rounding out back.
- Sit in a comfortable space with good back and leg support.



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## Lifting & Carrying Baby

- Bend at the knees when picking up baby from the crib or floor.
- Bring baby close to your body before lifting to reduce strain on your back.
- Use ergonomic baby carriers or slings that distribute weight evenly across hips and shoulders.

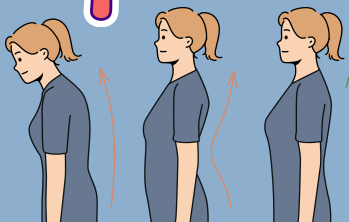
## 3 Diaper Changing

- Use a changing table at a height that reduces the need to bend over.
- Keep diapers, wipes, and other supplies within arm's reach to avoid twisting or reaching.
- Use proper body mechanics when lifting baby's legs or turning them during changing.



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## Posture & Body Alignment

- Maintain good posture by keeping shoulders open and spine aligned; do not tuck tailbone/squeeze glutes.
- Avoid prolonged sitting or standing in one position; take breaks to stretch and move.
- Use pillows when sitting or lying down to support back, neck, and arms.

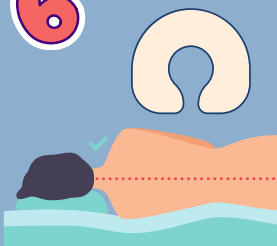
## 5 Baby Gear & Equipment

- Choose strollers, car seats, and other baby gear that are ergonomic and easy to maneuver.
- Adjust straps and handles to fit your body and maintain proper alignment.
- Use carriers, slings, or wraps that distribute weight evenly and support baby's natural position.



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## Rest & Sleep Positioning

- Use supportive pillows to prop yourself up when breastfeeding in bed.
- Sleep on your side with a pillow between your knees to support hips and spine.
- Ensure your mattress provides adequate support and comfort for postpartum recovery.