

How to Reduce Fractures for Your Baby

Movement is important for your baby's health and bones. Let them stretch or move anytime they can. Since your baby may be at high risk for fractures follow the medical team's instructions on when and how to move them. This handout can be used as a guide to help reduce fractures that could happen during movement.

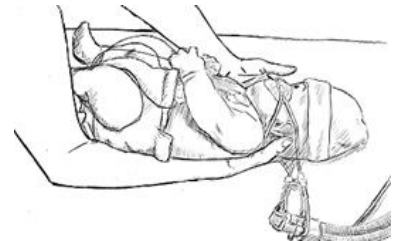
How do I touch, care, and hold my baby?

When touching or holding your baby take great care by using gentle pressure. Make sure your hands stay open and do not squeeze any part of their body. Instead, make sure you hold larger parts such as their shoulder, back or bottom. Try to keep their body straight without twisting. To lift their limbs (arms or legs) place one hand on top and support the limb from below with the other hand. Avoid pressure on one area of the body.



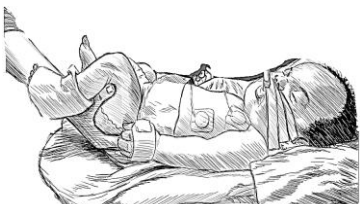



How do I lift my baby?





Use the log roll method (keep their shoulders and hips together, then roll their body to the side as you would roll a log). Do not hang, dangle, pull, or twist on their arms and legs. When you lift your baby support their arms or legs with your hands.



How do I change my baby's diaper?

DO 	DO NOT 
<p>Lift your baby under their buttocks in a straight position. This position keeps their spine straight while you put on or remove the diaper. You can also use the log roll method.</p> 	<p>Do not lift from the legs or feet.</p> 

How should I dress my baby?

DO 	DO NOT 
<p>Keep your baby flat on their back. Pull clothes over their arms or legs.</p> 	<p>Do not twist or pull their arms or legs. Do not force their arms or legs into any position.</p> 

How do I support my baby's posture when they sit?

In the hospital use a boppy pillow and a Z-Flow pillow. The boppy pillow looks like an upside down U. In the picture, it is covered by the white blanket. The Z-Flow pillow will help fill in the gap in your baby's lower back area when they sit. You must also roll up another blanket and place it under your baby's bottom to help them from sliding down. If you are in the hospital you can ask our team for any equipment.



To help your baby sit up, place one of your hands on their chest and your other hand on their back to support their body. Your hand placements will help keep their spine straight. This position will help them not lean forward too much.



What if I need more help?

Let your nurse or doctor know if you need any help. Our team is happy to help you reduce fractures for your baby.

Quality Improvement