









How to Reduce Fractures for Your Child

Movement is important for your child's health and bones. Let them stretch or move anytime they can. Since your child 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 bathe my child in bed?

DO 	DO NOT 
<p>If your child is too heavy for you to move on your own, ask someone to help. 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. Make sure your hands stay open and do not hold them too tight.</p> 	<p>Do not twist or pull on their arms or legs.</p> 

How do I lift, turn, and reposition my child?





DO 	DO NOT 
<p>To move them, use the log roll method. This means keep their shoulders and hips together, then roll their body to the side. To lift their limbs place one hand on top and support the limb from below with the other hand. Make sure your hands stay open and do not hold them too tight.</p> 	<p>Do not dangle, pull, or twist your child's arms and legs. Do not force their arms or legs into positions that are resisted. Do not hold your child without any support.</p> 

How do I transfer (move) my child?

Help support your child’s arms and legs when they move to a chair, bed, or anywhere else. To lift their limbs place one hand on top and support the limb from below with the other hand. Make sure your hands stay open and do not hold them tight. To transfer your child in the hospital, always use hospital-approved equipment to move them. You can ask our staff for help while you are in the hospital.



How do I change my child’s diaper?

DO 	DO NOT 
<p>You will use the log roll method to change your child’s diaper.</p> 	<p>Do not twist or pull on their arms and legs</p> 

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 child.