

A GUIDE TO WORKOUT WEDNESDAY

with



CARiFiT

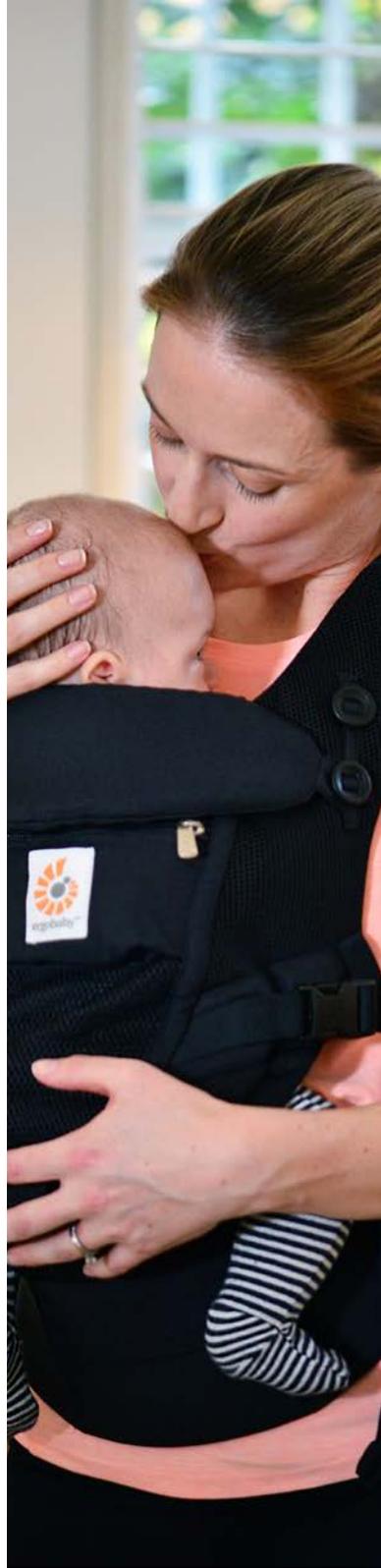
BABYWEARING WORKOUTS

Welcome to Workout Wednesdays!

Before you embark on your fitness journey, we want to make sure that you're ready to exercise safely with your baby.

This short guide will ensure that your postpartum body is ready to start exercise and that baby is positioned safely in your carrier.

www.carifit.co.uk | www.ergobaby.co.uk



T.I.C.K.S RULE

FOR SAFE BABYWEARING

KEEP YOUR BABY CLOSE AND KEEP YOUR BABY SAFE.
WHEN WEARING A SLING OR CARRIER, DON'T FORGET THE **TICKS**.



TIGHT

Slings and carriers should be tight enough to hug your baby close to you as this will be most comfortable for you both. Any slack/loose fabric will allow your baby to slump down in the carrier which can hinder their breathing and pull on your back.



IN VIEW AT ALL TIMES

You should always be able to see your baby's face by simply glancing down. The fabric of a sling or carrier should not close around them so you have to open it to check on them. In a cradle position your baby should face upwards not be turned in towards your body.



CLOSE ENOUGH TO KISS

Your baby's head should be as close to your chin as is comfortable. By tipping your head forward you should be able to kiss your baby on the head or forehead.



KEEP CHIN OFF THE CHEST

A baby should never be curled so their chin is forced onto their chest as this can restrict their breathing. Ensure there is always a space of at least a finger width under your baby's chin.



SUPPORTED BACK

In an upright carry a baby should be held comfortably close to the wearer so their back is supported in its natural position and their tummy and chest are against you. If a sling is too loose they can slump which can partially close their airway. (This can be tested by placing a hand on your baby's back and pressing gently - they should not uncurl or move closer to you.)

A baby in a cradle carry in a pouch or ring sling should be positioned carefully with their bottom in the deepest part so the sling does not fold them in half pressing their chin to their chest.

CREDIT :
www.babyslingsafety.co.uk

Is Your Postnatal Body Ready?

BEFORE YOU START EXERCISING AFTER GIVING BIRTH, IT IS IMPORTANT TO GAUGE WHETHER YOUR BODY IS READY.

DON'T Start exercising until you have had your 6 or 12 week check.

(you may find gentle walking, pelvic floor exercises and simple movements are ok)

DON'T Start with high intensity workouts.

Gently ease into your workouts and allow your body to adjust to not being pregnant

DON'T Put yourself under pressure to get back to the size you were before pregnancy.

A balanced approach which focuses on safe and effective exercises and nutrition and enjoying these precious months is most important

DO Start your pelvic floor exercises as soon as you can-this will help with bladder control of they have been weakened during childbirth.

DO Start gentle exercise and activity as soon as you feel up to it, staying active will help both your recovery and your mood

DO Try and schedule your workouts after feeding times, if breastfeeding

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BABYWEARING WORKOUTS



ALL YOU
NEED IS YOUR
BABY CARRIER
& SOME
MOTIVATION!

Restoring the Core

Let's start with breathing! For a lot of postnatal mums, the art of breathing & engaging the core muscles correctly requires some reminding & retraining. It is hugely important to restore good breathing techniques in order to form a strong foundation from which to grow.

HOW TO BREATHE CORRECTLY :

- Lying on your back with one hand on your tummy and the other hand on the side of your ribcage
- Breathe into your tummy and into the side of the ribcage feeling your tummy rise and your ribcage expand
- As you breathe out, you should feel your tummy relax

Once you have mastered this and you are sure you are activating your pelvic floor muscles, you're ready to start our [#WorkoutWednesday](#) workouts!

JOIN IN!

You can find our [#WorkoutWednesday](#) Workouts across all our social media channels, every Wednesday @ 8:00pm GMT :

 [@ergobabyuk](#)  [@ErgobabyUK](#)  Search 'Ergobaby UK'

 [@CARI_FIT](#)  [@CARIFIT1](#)

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