

# PR **ACT**ICAL MANAGEMENT STRATEGIES FOR NEW PARENTS

## **A**WARENESS

### **EX: CARRYING YOUR BABY**

In the beginning everything's so new and magical (outside of the lack of sleep, the leaky chichis, and \_\_\_\_\_ fill in the blank) that the long-term seems distant and irrelevant. It takes a few months (weeks? days?) before the realization hits that you will have to be carrying this little person (because they are not yet independently mobile) for at least the first year of its life. Those hormones that make you feel all warm and fuzzy when you're holding your little baby can sometimes blind you to little signals your body may be sending out. At first it might just be a little headache here or there, or a sore wrist, or an achy back. As your little love gets bigger (read, heavier) you might start noticing shoulder, hip, and/or foot pain. This is the result of repetitive stress - doing the same thing over and over, day in, day out (aka parenting). There are several examples of these day-to-day movement patterns that can wreak havoc on a parent's body. During our sessions (in-home or at the studio) we'll go through them together to tackle step one of this program: AWARENESS. Remember, "knowing is half the battle". It's never too late to make adjustments.

### *Why does everything hurt?*

Well, your body's main goal in life is to keep you from face-planting. It does this by effectively resisting gravity by stacking your bones on top of each other like a beautiful tower. *Now if one of those blocks is off center, let's say because you're holding a 10+ pound child in front of you, the body has to compensate to keep your head over your feet*  
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**Shoulders round forward → ribcage rounds back → hips shift forward = ouch!**

*What if you're holding that child on your right hip?*

**Hips shift to right → shoulders shift left → head shifts right = ouch!**

So next time you're carrying your baby - stand up tall, breathe big, open your chest as best you can, and really feel like you're using your muscles to actively hold your baby.

**WANT MORE HELP? SCHEDULE A SESSION WITH ME TODAY!**  
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