



Whether you are putting your child to bed, lifting them out of bed or just rearranging them in bed, this job is usually done with the back. That is because parents and care-givers usually leave both feet on the floor for the task. To take your back out of the lift, simply put one knee up on the bed. That way you are much closer to the child and your leg is supporting as you lift. This is how it is done in Nursing Homes and if it works for them it will work for you!

LIFTING YOUR CHILD IN BED