



LIFTING CHILDREN FROM THE PLAYPEN

This is another great task for using POWERLIFT®. Remember that the child must come out of the playpen one way or the other and that our only real choice in the matter is how we lift the child. We can very easily create a wide stance and POWERLIFT® the child out. We can however modify POWERLIFT® to use some leverage. As seen in the illustration, this mother is resting her elbows against the side of the playpen and is initiating the lift with her arm muscles and finishing the lift with her legs. If this addition seems unnecessary for you, simply approach the playpen in wide stance, getting as close as you can to the side, bend your knees and go forward at the hips, lifting your child out with a POWERLIFT®.