



Lifting a child from the sofa can be really hard on your back. The way to avoid using your back is to put your knee up onto the sofa. That way your leg is supporting you as you lift the child instead of your back. If the sofa is really soft, your knee will sink down into it. This is OK, because in this situation you simply need to learn to push yourself back as you come off the cushion, instead of trying to rise straight up. Use this same technique when handling children in bed. Put one knee on the bed to help let your legs do the work instead of your back.

## LIFTING YOUR CHILD FROM THE SOFA