

# **ACTIVITY 1**

## **Lifting and Carrying a Baby**

Adapted Version

You will need:



Baby

Always wash your hands first!



3

Please give your baby a name.



4

Talk to the baby before you pick her up. Don't scare her.



5

Put one hand under the head and neck. Put the other hand under her bottom.



6

Slide your hand that is under the head down the baby's back so your arm holds the baby up.



7

Use the other hand to support the legs. Lift the baby gently to your body.



8

Carry the baby close to you so it will feel safe.



9

To put baby down, hold baby close to your body as you bend down supporting baby's back and neck.



10

Clean up the area and put the baby away.



11

Always wash your hands before and after holding a baby.



12

**SAFETY TIP:**

**Never leave the baby anywhere alone!**



End of Activity 1 13