












**Activity 1**  
**Lifting and Carrying a Baby**  
Visual Schedule

Name: \_\_\_\_\_

<p>1. Gather all materials.</p>		
<p>2. Wash your hands.</p>		
<p>3. Name your baby.</p>		
<p>4. Talk to the baby, do not scare her.</p>		
<p>5. Put one hand under the head and neck. Put the other hand under her bottom.</p>		
<p>6. Slide your hand that is under the head down the baby's back so your arms hold the baby up.</p>		

Continued

<p>7. Use the other hand to support the legs. Lift the baby gently to your body.</p>		
<p>8. Carry the baby close to you so she will feel safe.</p>		
<p>9. Put the baby down by holding the baby close to your body as you bend down, supporting the baby's back and neck.</p>		
<p>10. Clean up the area and put the baby away.</p>		
<p>11. Wash your hands.</p>		

How did I do?



Did you like lifting and carrying a baby?



Finished