

Stroller Strides + Stroller Barre

AND BABYWEARING

Soft-structured carriers (SSC) recommended that have multiple buckles and areas to adjust carrier for mom and baby. These include the following, to name a few:

- Beco
- Ergo
- Tula
- Lillebaby

Front carry with baby facing inward recommended for 0-6 months.

Front carry with baby facing out is not recommended for working out.

Back carry is an option after baby reaches 6 months old, or when baby can sit unsupported.

It is best to not have baby between mama and the ground. Examples of this "no-no" are below:

- Front carry while doing a push up
- Front carry while doing a plank
- Back carry while doing a sit-up

Mamas can use resistance bands, as long as bands are positioned so that if it should unexpectedly break, it would not harm baby.

Modifications and options should be given much like those given for an expecting mom in her third trimester. Some examples are as follows:

- Low impact
- No bouncing
- No running
- Give various, safe and supported standing options

Watch that mama is not overcompensating while babywearing. She should maintain a neutral spine and adjust accordingly to find their center of gravity.

