



## Better Balance for Fall Prevention

### Tips for preventing falls during and after your hospital stay:

- Pause between each position – lying to sitting, sitting to standing.
- Seek help to mobilise if feeling unsteady or drowsy.
- During the day take the opportunity to catch up on rest.
- Follow your midwife's advice for safe sleeping with your baby.
- When mobilising with the baby, place the baby in the hospital cot/bassinet.
- Be as active as you can in your day, getting outdoors whenever possible.

### IT'S NEVER TOO LATE TO GET ACTIVE!

For optimal physical and mental health it is recommended that all adults (regardless of age, health or ability) to do 30-60min of physical activity most days.

Speak to your care team for advice about returning to exercise after birth.

**Start slow and build up gradually.  
Every bit helps.**