



### Tips for staying safe for you and your baby during your hospital stay:

- To reduce light-headedness, get up slowly and pause between each position – lying to sitting, sitting to standing.
- Ask for help to walk and go to the toilet if feeling unsteady, drowsy or unsafe.
- During the day take the opportunity to catch up on rest.
- Follow your midwife's advice for your baby's safe sleeping.
- When walking with your baby, place the baby in the hospital cot/bassinet.

### FIND TIME TO GET ACTIVE AND HEALTHY

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

For optimal physical and mental health it is recommended to try to find time to exercise and keep physically active.

Getting outdoors and exercising with other people can help you stay connected, motivated and have fun!

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

For further advice visit: [www.pregnancybirthbaby.org.au](http://www.pregnancybirthbaby.org.au)