



## 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.

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

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

For optimal physical and mental health it is recommended that all adults (regardless of age, health or ability) to do at least 30min

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)