



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.**