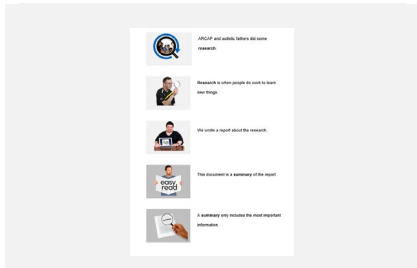


Avoiding falls after you have a baby



Bold words

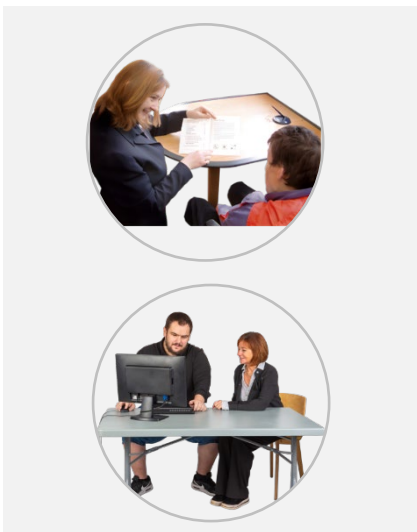


Some words in this document are **bold**.



We write what the bold words mean.

Help with this document



You can get someone to help you

- understand this document
- find more information.



Contact information is at the end of this document.

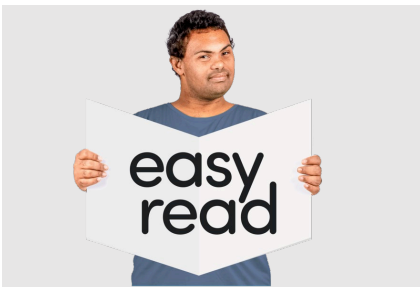
About this document



The Royal Women's Hospital wrote information for new parents about how to stop **falls** from happening.



A **fall** is when someone loses their balance and ends up on the ground.



This document is a **summary** of the information.



A **summary** only includes the most important information.

New parents may be more likely to fall



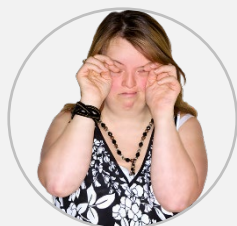
After having a baby you may be **unsteady** on your feet.



Unsteady means you do not feel balanced and may fall.



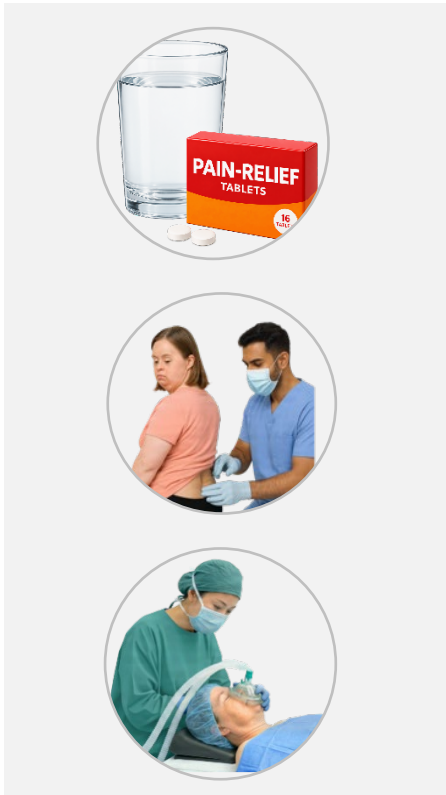
If you fall you can hurt yourself.



You may be more likely to fall if you

- had surgery
- lost a lot of blood during pregnancy or birth
- gave birth to your first baby
- feel tired
- feel weak.

Medicine may make you more likely to fall

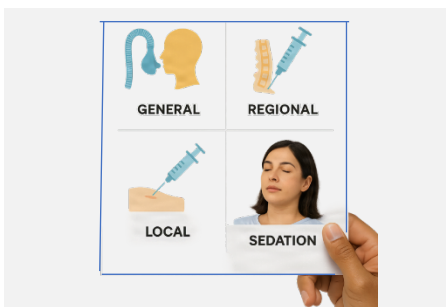


You may be more likely to fall if you

- took medicine for pain
- had an **epidural**
- had an **anaesthetic**.



An **epidural** is a needle given in the back to stop pain.

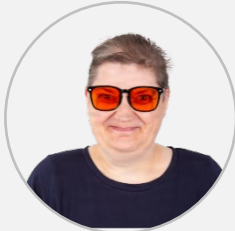


Anaesthetic is medicine that stops pain.

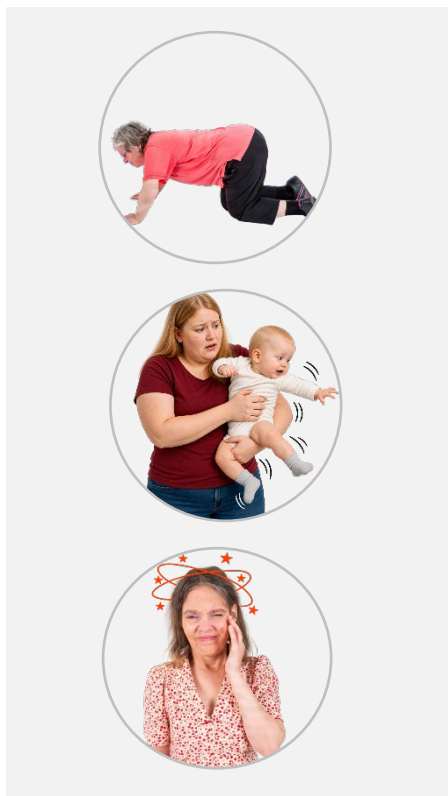
Health problems may make you more likely to fall

You may be more likely to fall if you have

- diabetes
- epilepsy
- nerve damage
- problems with your eyesight
- low blood pressure
- problems controlling your body.



What to do if you or your baby fall



Tell hospital staff if

- you have a fall
- your baby falls
- you feel unsteady.



If you fall press the call bell or call out for help.



Staff can help keep you and your baby safe.

Getting out of bed safely



Ask your **midwife** for help before getting out of bed for the first time.



A **midwife** is a worker that helps people during pregnancy and birth.



Keep your bed low to the ground.



You can use the controls to raise or lower the bed.

Before getting out of bed



- turn on the light



- look around the room



- use the call bell if you need help



- sit up slowly.



Do not lean on a table chair or cot to help you stand.



Wear shoes that are

- flat
- closed in
- a good fit
- not slippery.



When in the bathroom

- use handrails
- sit on a chair in the shower.

How to keep your baby safe from falls



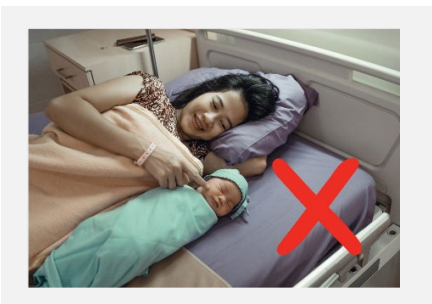
Do not try to do everything yourself.



Put your baby to sleep on their back.



Put your baby in their own cot close to your bed.



Do not put your baby to sleep in your bed.



Do not fall asleep while holding your baby.



Do not leave your baby alone where it can fall.



When you move around the hospital, keep your baby in the cot.



Push the cot instead of carrying your baby.



When you lift or hold your baby

- make yourself steady
- lift from a comfortable height
- use two hands
- ask for help if you need it.



Ask visitors to sit when they hold your baby.

Contact information



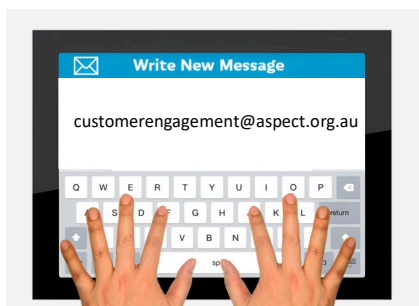
You can contact Aspect to find out more about Autistic parenthood.



You can call 1800 277 328.



You can visit aspect.org.au/new-parents



You can email customerengagement@aspect.org.au