

## Prone Cradle Transfer

(As an alternative to the normal cradle position)

**Plan the move and prepare the environment.**

### Starting position

- Knees and hips bent.
- Maintain the natural curves of your spine.
- Keep elbows as close to your body as possible.
- Brace your stomach muscles.

One arm supports under the child's chest, the other hand supports their pelvis from behind, with the hand holding the upper thigh of the closest leg.

Keep as close to the child as possible!



### Lifting Effort

Ensure effort is generated from the legs.

The child's weight should be evenly distributed between both arms



For smaller children, your hold might look more like this.



### Completing the move

The child can be carried in the prone position over short distances. When placing the child down, the best possible posture will depend on where you are placing them. Ensure that you always use legs, rather than your back or arms to lower the child.

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