

PRACTICAL TIPS FOR MOM AND BABY



GOAL:

To provide new mothers with the opportunity to get back in shape and reclaim their figure prior to pregnancy, all in the company of their child.

OBJECTIVES:

- Lose the weight gain brought on by pregnancy
- Tone the abdominal muscles
- Improve cardiovascular endurance
- Improve posture
- Improve overall energy level
- Diminish the intensity and duration of the postpartum phase
- Develop new friendships (groups of 15 women)

STROLLER: Spring, summer, fall

The stroller should be of good quality and in good condition. No umbrella strollers will be accepted.

- Ensure that the handles are adjusted high enough for mom to have a straight posture.
- Plan on bringing a plastic cover for the stroller, in case of rain.
- Bring along mosquito netting for the stroller.

To find an adequate stroller, you can visit www.clement.qc.ca.

SLED: Winter

- For infants who cannot sit up straight, we recommend a wooden sled: it allows the child to lie down and is also more solid. However, a sled made of plastic slides better. The Pelican[®] Baby Sled Deluxe (shown below) is a great example that's certainly proven its worth! Shop for a sled with your child to ensure you get the right size and that your child's head stays securely in place.



- The sled should have a U-shaped cord extending 1.5 metres (therefore, 3 metres in total). Use foam tubing or bicycle handlebar grips for greater hand comfort. The cord can also be attached to a belt using two carabiners to free the hands completely.
- Place a blanket or small mattress underneath the infant so that he or she does not come into direct contact with the wood or plastic. Wrap the child either in a small sleeping bag or a blanket.

- Ensure that the infant is fastened to the sled properly, if necessary. Do not use a car safety seat.
- Avoid cotton garments. Choose combinations made from breathable fabrics to minimize perspiration, or opt for polar fleece pyjamas (less expensive).

Allocate some extra time during the winter for the following:

- Getting dressed (mother and child)
- Fastening of the child to the sled (about 15 minutes prior to the start of class)
- Changing of diapers

HELPFUL TIPS FOR TRAINING:

- Bring a water bottle and snack.
- Wear a quality sports bra.
- Wear quality sneakers.
- Dress according to the weather.
- Wear sunscreen (infants younger than six months should wear a hat).

PELVIC FLOOR:

The pelvic floor muscles are composed of three layers. They form a kind of “hammock” between the pubic bone and coccyx. These muscles control the evacuation of urine, gas and stools. They also support the abdominal organs, uterus and bladder.

Kegel exercises: to strengthen the pelvic floor (bladder control exercise)

- Contraction of the anus, perineum and vagina, up to the navel, without contracting the buttocks or thighs. The contraction is slow and long, and should be maintained.
- Contractions are felt more easily while in a supine position.
- Contractions can then be maintained while sitting, standing or walking.

BREASTFEEDING:

- Infants are breastfed either before or after class. Mothers can gradually adjust their baby’s feeding schedule as needed; infants generally adapt well to the change.
- Bring along a nursing bottle containing water for the baby.

Happy training!!!