

## Picking up a baby with one arm

Erin and Skylar are sitting on a brown carpet. In the far right of the screen is a plastic baby gate. Behind them is a dark brown, leather couch. To Erin's left is a small, toy red and white football. Erin is wearing a maroon t-shirt and Skylar is wearing a blue diamond dress. Erin is holding Skylar standing up.

Erin is speaking: In this video, I'm going to show you how, if you have only one arm, or other limitations like you can only use one arm at one time, how you can pick up your baby using her clothes. So we're going to use Skylar here as our model. And I'm going to tell you about the best types of clothes to use if you're going to be doing this (Erin lies Skylar down). You can see that this little dress is actually one piece and it has a onesie sewn inside of it, with very strong snaps in the bottom (Erin points to each piece of clothes as she talks about it). There are also snaps on the back. So you want to make sure that for one, your child is securely snapped into the outfit And the second thing is that you want to make sure you're only doing this once baby has full head control. (Skylar rolls around on the carpet). You wouldn't want to do this with an infant that doesn't have head control yet. So if I want to lift a baby up to this surface, or transfer her from one surface to another that's in close proximity, what I can do is, either hold onto her clothes from the front (Erin takes the middle of Skylar's onesie and picks up her to put her on the couch).. So what I'm doing is I'm grabbing and I'm making sure I'm holding the onesie, not pinching her skin, and picking her up and performing a transfer. (Erin brings Skylar back down to the carpet). Another way that you can do is this to pick the child up, using the clothes from the back. (Skylar crawls around the carpet). It's easier when they're not this mobile. So if I wanted to do that (Erin grabs the back of Skylar's onesie), I would grab on to the back of her clothes so make sure I'm not grabbing any of her skin, and I would perform the transfer (Skylar crawls back into Erin's arms). So that's one way you can use baby clothes to help you to do your transfer (Erin and Skylar sit back together on the carpet).