

Physical activity with infants – examples of exercise for postpartum women and their babies

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Factors that influence recovery and exercising...

Physical active during pregnancy?

How difficult was the childbirth?

What a calm baby is? During the day or at night?

Does mother have support at home?

If woman have time to rest?



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- Think as a mom
- Think as a trainer
- Feel a baby



Think as a mom?

- The best time to practice is when the child is full, dry and sleep;
- How to occupy a child if baby does not sleep?
- How to occupy a child if baby does not want to train together?

Most common challenges

- The child does not sleep, is irritable
- The baby want to be held
- Brestfeeding on demand
- Activity of babies (6-12 months) during training

Think as a trainer?

- Choosing appropriate and varied exercises shows the trainer's professionalism when training with babies.
- Use basic parts of exercising with babies.
- Select a smaller group of exercise moms, it is easier to pay attention for all clients.
- Help exercising moms.



Group training problem

- Movements can not be well controlled by coach.
- It is difficult to vary exercises with infants for all participants.
- It is difficult to determine the level of physical activity for everyone
- **IMPORTANT!** Before exercising in the group don't hesitate to ask women about physical activity level, any discomforts and health status.

Feel a baby?

- Baby have to feel comfortable while holding;
- Mom movements - not harmful for the baby;

Examples of holding a baby



Examples of holding a baby



Examples of holding a baby



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Examples of holding a baby



Safety ! Safety ! Safety!

- If You are exercising with stroller, don't forget to emphasize to pin the baby and to put the brake on. Don't leave a baby in stroller.
- When exercising with a child in your arms, movements must be gentle and precise. No jumping, protect the child from shaking!
- In order to avoid conflicts in the event of the accident, insure yourself!

Breastfeeding and exercising



Breastfeeding and exercising

- Sports bra that supports the breasts well;
- Exercise after breastfeeding the baby;
- Drink plenty of water during and after exercise;
- A nursing mother needs more energy, so she needs to consume more carbohydrates to recover after a workout, not to feel fatigue.

What kind of activities to choose?

- Till 6-8 weeks postpartum choose calm walking with stroller, easy exercise at home, household.
- After 6-8 weeks postpartum exercise with the stroller outside.
- When the baby holds its head (3-4 months) vary exercise on a mat, in the baby carrier and with the stroller.

OUTSIDE or INSIDE?

- **Exercising outside?**

It depends on the season and weather, difficult to exercise in winter

Easier vary cardio exercises when baby sleeps in the stroller (fast walking, running)

Breastfeeding outside

Changing diapers outside

Outfit

Fresh air and light therapy (min.30 minutes per day)– to prevent postpartum depression

It is difficult to look after a child on the move

- **Exercing inside?**

Easy to nurse take care a baby

Recmmended to exercise rainy ro cold day

A wide variety of muscle strengthening exercises

Use the basic parts of exercising

- Warming up (dynamic stretching exercises)
- Muscle strengthening exercises (First months postpartum move with body weight)
- Muscle strengthening exercises with infant (when the baby holds the head)
- Balance and stability training exercises
- Pelvic floor strengthening exercises
- Cool down/ static stretching exercises



Warm up!

- Exercising outside use row of strollers;
- Dance/warm up with a carrier;
- Use dynamic stretching exercises;
- Use natural human movements.



Returning to running..



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Returning to running..

- Use assessments to evaluate pelvic floor muscles.
- Use assessments to evaluate physical activity level before pregnancy and during pregnancy.
- Before returning to running, you need to strengthen the whole body, pelvic floor, back and legs muscles with exercises. Muscle strengthening exercises should be with your own body weight.

Running with a stroller is more motivated when moving together!

10-15 minutes of running after exercise session is recommended to reduce body fat.



How to motivate mothers for sports?

- Group training for mother and babies (communication, sharing of common worries between moms);
- Creating private chat for mums;
- House work for active mum;
- Organizing meetings after class ;
- Support mother with irritable baby during class;
- Self-monitoring tests.



Balance of rest and sports

- It is difficult to measure womens health and feeling...
- Coaches must emphasize rest importance after sport.
- Taking care of restless baby is hard... Evaluate and select the appropriate training intensity.

Benefits of exercising postpartum

- To reduce postpartum depression risk;
- To enrich mom and baby relationship;
- To strengthen body muscles, endurance, coordination, flexibility;
- To reduce weight gain during pregnancy.
- Many other benefits....



Monitoring parents while exercising from infancy can create children's positive attitude towards physical activity in the future!



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QUESTIONS???