

# Cradle Transfer

Plan the move and prepare the environment. Before you begin, talk through the move with the child.

## 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.



Keep as close to the child as possible!



One arm supports the child's trunk, the other arm supports their legs at the mid thigh.

## Lifting effort

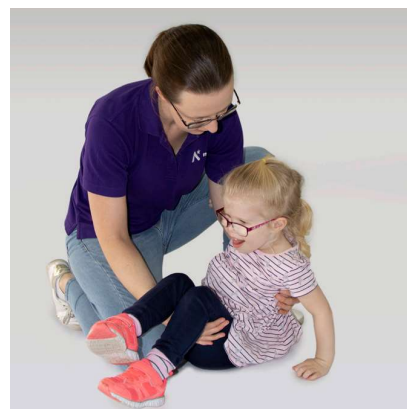


Ensure effort is generated from the legs. The child's weight should be evenly distributed between both arms.

## Completing the move



If transferring to the ground, the half-kneeling posture is the most stable position to use.



## Additional notes