NEW MUMS and BUB can FALL too

As a new mother, you are more likely to fall if you:

- are very tired or weak; feel vague or drowsy
- have had an injection into your spine to stop pain, a general anaesthetic or calming or pain relief drugs
- have had very heavy bleeding during the pregnancy, the birth or after the birth
- have an illness such as epilepsy or diabetes
- have dizziness or low blood pressure
- wear loose footwear or socks / surgical stockings without shoes
- have poor eyesight or problems moving.

Things you can do to avoid falling in hospital

- Use the call bell if you need help, and wait until someone comes to help you.
- Take your time when getting up from sitting or lying down.
- Let staff know if you feel unwell or unsteady on your feet.
- Do not lean on objects for support. If you are having trouble walking, let your midwife know.
- Wear safe footwear eg well-fitting slippers, shoes, non-slip soles on socks or surgical stockings.
- Sit on a chair when taking a shower.
- Use the rails to get off the shower chair or the toilet.
- If you feel unsafe in the bathroom, stay sitting and press the nurse call button.
- Get to know your room and bathroom and where light switches are.
- Look for things that can trip or make you slip and let staff know about them.
> Turn on the light before getting out of bed and before going into the bathroom.
> Ask your visitors to tidy the bedside before they leave and put away extra chairs.

If you or your baby do have a fall – it is very important that you let your midwife know

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**How to keep your baby safe from falling**

> Put your baby to sleep on their back in the wheeled cot next to your bed.
> Make sure you are comfortable and your baby is well supported while you are breast feeding.
> Do not fall asleep while holding your baby as they can slip from your hold.
> Never leave your baby alone on an adult bed or other surface from which they can fall.
> If you feel you might fall or faint, ask for help when moving your baby to and from their cot.
> Always move your baby around the hospital in their wheeled cot, not in your arms or the arms of your visitors.
> Do not use your baby’s cot as an aid or support for walking or standing as you may tip it.
> When changing nappies or clothes – have the nappies and wipes nearby before you start, so that your baby is not left alone.
> Ask visitors to sit down to hold the baby.

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**For more information**

**Adelaide area:** Call 1300 0 FALLS (1300 0 32557) for information about falls prevention services that are close to you.

**Country SA:** Please contact your local health service for information about services close to you. You can also email the Country Health Falls Prevention coordinator at Health.CHSAFallsPreventionProject@health.sa.gov.au


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