
Lower Back Friendly Way to Bathe Your Children

By Bart Sellers D.C.

Being the father of three young children close in age I have often felt the pains that many of you have felt. The low back pain that accompanies most all of our child rearing responsibilities is prevalent. I'd like to give a few pointers that will help minimize this pain or perhaps eliminate it all together.

Our children all need baths and until they are able to bathe themselves the task falls to us. Mom if you are fortunate enough to have the help of Dad at night (Many husbands work late) I recommend the assembly line approach. This is how my parents handled it until obvious reasons called for a different approach. My mom would get in the tub first then my dad would hand us to her one by one. She would scrub us well, rinse, then hand us, one by one back to my dad for drying. Then it was my moms turn for a little relaxation- a long soak of her own – while my dad read and tucked us in. This eliminates the prolonged bending over the edge of the tub that causes so much low back pain for so many moms and dads.

Now for those of you who have to go it alone at bath time try this. Instead of kneeling with both knees at the tub, try this. Kneel on one knee with your upper thigh right against the outside wall of the tub. Place your opposite foot right inside of the tub (shoes off of course). Then place baby, toddler or child as close to the tub wall and your in-tub-thigh as possible. This will minimize the need to lean over the tub and provide your low back with a much-needed rest. If the need should arise to lean over, you can rest your chest on your in-tub-thigh and or place your opposite forearm on the edge of the tub.

Some of us have shorter legs than others. Others may have a tub with high sides. If this is your plight sit on the edge of your tub with both feet in the water. Place one forearm (the left if you are right handed) on your knee for support and use your opposite hand to bathe your little one.

Give these a whirl. Happy bathing! Call me if you have any questions.

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