

# MY BONES ARE FRAGILE

## Handle Me with Care

- Always handle me gently with slow, careful movements.
- Never push, pull, twist, lift, bend or apply pressure to try to straighten my arms or legs.
- Reposition my head gently.
- Support my head, upper body and buttocks evenly.
- Let my parents accompany me to any tests.
- If you are picking me up, DO NOT lift me under the armpits or around the rib cage.
- Be extra careful when dressing me; do not pull my arms through the sleeves or legs through pants.
- When changing my diaper, do not lift me by the ankles.  
Gently roll me on my side to remove the diaper.
- When patting my back to burp me, please pat very gently with soft taps.



**NO  
HARM**  
Our Patient Safety Journey

**Let my parents hold and love me as much as possible.**