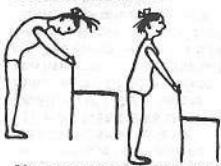


below. Straighten your back & lift your head, breathe in, arch your back, tuck in your chin, pull in your stomach & contract the muscles of the pelvic floor & breathe out. Do it 5 times. Good for tired backs!



MAKE SURE THE CHANGING TABLE IS HIGH ENOUGH so that you don't have to stand with a bent back.



WHILE NURSING, check that your sitting position is correct, so that you don't get tired in your back & shoulders.

DON'T WEAR A GIRDLE! It is better to get your abdominal & back muscles back into shape naturally thru' proper exercise.

OTHER EXERCISES AT HOME

THE EXERCISES IN THE PREVIOUS SECTIONS can be made more advanced by crossing your arms on your chest & later by folding your hands behind your neck.

1. STAND ON ALL FOURS. Pull left knee towards your forehead. Pull in your stomach. Then stretch the same leg straight back & stretch your neck straight out. Do the same thing with the right leg.



2. STAND UP WITH LEGS A BIT APART. a) Bend to one side & dip up & down several times. Reverse sides.



b) Turn your torso to the left & let your arms swing freely. Swing to the right & continue. Don't tighten the arms but keep them relaxed.



c) Jog with limbered feet. Alternate with pulling your knees up high. Finish it with a few deep breaths.

TO HELP YOUR POSTURE: a) Correct your posture by pulling back your hips & tucking in your "tail" & pulling in your stomach. Check your posture often by looking into a mirror.



b) Stand with your back against a wall with your feet 5 cm. (2 in.) from the wall. Push the whole back against the wall. This will help you to find the correct posture.

FOR THE UTERUS: Lie on your stomach often on a flat bed with a pillow under your pubic bone. This helps the uterus to fall forward-upward in the abdominal cavity into its correct

position. The episiotomy will heal better then when the pelvic floor area is dry.

SECOND DAY ADD THE EXERCISES BELOW to the previous ones.

Note: Those who have had an episiotomy wait until the 3rd day & those who have had a caesarean section wait until the 5th day. These exercises strengthen the muscles of the abdomen & are important for the back to be able to take strain.

LIE ON YOUR BACK with bent legs, feet & knees together.

a) Contract the pelvic floor & press down your sway back against the floor or mattress. Pull up toward your knees with arms stretched out 'forward' & head lifted up. Hold it for 5 seconds. Lie back down. Do it 5 times.

b) Do the same exercise but pull up toward the left side of your legs. Lie down & then pull up again to the right side. Do it 3 times each side.

THIRD DAY

ADD THESE EXERCISES TO THE PREVIOUS ONES. **Note:** Those who have had an episiotomy wait until the 5th day, & those who have had a caesarean section wait until the 10th day.

a) Lie on your back & support your torso with your elbows:



Pull up the knees over your stomach & pedal towards the ceiling. When the muscles of the abdomen get stronger, after about 3 weeks, then you can pedal closer to the floor. Press your sway back against the floor during your pedaling.

b) Exercise for the back: Stand on all fours:



Stretch the left leg straight backwards & the right hand straight forward & keep your nose pointing towards the floor. Pull in the stomach & hold it for 3 seconds. Change to the opposite arm & leg. Do this exercise 3 times for each side.

LIFTING & CARRYING AFTER A PREGNANCY THE BACK IS WEAK & should not be put under a great strain. It is therefore important that you lift & carry things in the correct

way. When lifting, you should use the legs to save the back.

RULES ON LIFTING: i.e. a baby bassinet or basket.

1. Stand as close to the object as possible, one foot a little bit in front of the other.



2. Bend the knees, keep the back straight & take hold of the object.



3. Lift by contracting the pelvic floor & at the same time straighten the legs.



LIFTING A CHILD FROM THE FLOOR:

Squat down with one foot a little bit in front of the other. Take the child close to you, straighten up your back, contract your pelvic floor area & straighten your legs.



Family Care News!

Dear Sara D.,
GBY! WE JUST MAILED OFF THE "DITO INDEX" to you for approval. Last week the whole Home spent most of their time proofreading it, looking up references & checking them off the rough draft. So it was quite a job. I pray we spotted most of the mistakes. Zeb did some nice little artwork to make it more interesting & also for our own layout convenience. Now we want to do the Dito Letters as they come out so it won't be such a big job next time. And we'd like to start the Tech Letters soon also!

KIDS KOMIX: We were so excited to get the phone call the other night telling us that the covers of the Kids Komix were approved & we were to colour them! Vol. 1 & 2 front covers are finished & the back covers will be real soon.

TAPES: By now you should have received for approval "No Matter How Small You Are", a tape of Grandpa's quotes in song! Zeb, Paul & Robyn did most of the singing on it, GBT! Baby Sarah was there most of the time also—so good, not making

a sound, just like she knows it's an important job & she needs to be good.

PROJECT PLANS: Terry & I will be working on the Childcare book project, doing the corrections of the items you have sent back. Paul will be working on the Kid's Mag. & Zeb on parts 3 & 4 of "Tom the Gangster" so that the Vol. 2 Kids Komix will be complete. Ben is working on transcribing tapes of "2000 Years of World History—The Dark Ages" & putting together quotes & working on Paul's research material that he did a couple of years ago. He is now typing up the quotes for the first rough draft of this class.

SEAN'S BROKEN ARM: Dan, Zeb & myself were on a visa trip. On the way home on the bus I had a dream that Paul told me that Sean-8 had broken his arm. I prayed for all the children back home & did not think about it again until we got home, & that is the first thing I was told!

SEAN HAD BEEN CLIMBING UP THE SIDE OF THE HOUSE off the big dining room & reaching for the fruit of the tree, which he knew he should

not do, when he lost his balance & fell, breaking 2 bones in his right arm. While Paul got a splint & bandage,

TERRY STARTED TO QUOTE PSALM 23. He started to say it with her & stopped crying right away. Then they took him to a local hospital where they did x-rays. They said they might have to operate to pin the bones together. While waiting for the specialist, Terry spent this time with Sean going over all the verses & Grandpa quotes we had put to song. He was so good & brave, hardly complaining, even tho' he had to lie still on a stretcher the whole time.

PAUL & TERRY REALLY PRAYED that the bones would just have to be set & not pinned. TTL, the specialist agreed. At the hospital it was a real testimony as no one ever asked once if Paul & Terry were the parents. They just assumed they were by the way they took care of Sean, & he had so much confidence in them & never once cried for Mummy & Daddy, really a sample of "One Wife". PTL! Love, Sarah Ireland & all.

Month Ending: _____ **INDEPENDENT REPORT FORM** Page 1 DFO IRF 757R

Please fill out on the last day of each month & send in immediately with your monthly gift using the enclosed pre-addressed envelope.—Thanks! GBY! Fill in only parts applicable to you!

MAILING NAME & ADDRESS:

(Please give your complete mailing name & address exactly as it should appear on your mail.)
Phone number: _____

FAMILY MEMBERS: (Please include children. If more space is required, please use comments section.)

Legal Name	Nationality	Sex	Age	Marital Status	Occupation	Time in Family
1. _____						
2. _____						
3. _____						
4. _____						
5. _____						
6. _____						

Sorry, I'm not or can't witness &/or fitness, but want the Letters. ☐

I'm still witnessing &/or fitness, & below is my report. ☐

NUMBER WITNESSED TO:

Mass (groups or crowds who saw your witness etc.)	
Personal (shared with personally or by phone, lit, mail etc.)	
Media (estimated audience or readership of TV, radio or news articles)	
TOTAL WITNESSED TO: (Mass + Personal + Media)	
Visitors (No. of visitors to your Home)	
News Items (No. of individual printed articles—enclose a copy if possible)	
No. of TV, radio shows, broadcast news items:	
LIT I PRINTED OR HAD PRINTED: Title _____ Language _____ No. pieces _____	

LITERATURE DISTRIBUTED (No. of Pieces)

CONVERTS (Received Jesus)	
BAPTISMS (Received Holy Ghost)	
No. new disciples won to Family this month:	

WORLD SERVICES GIFT: Please give what you can to help us produce the Word & to help our missionaries! Thank you so much for your help in making our World Services a blessing to all! God bless you & continue to make you a blessing! WLY!—M&M & WS.

\$ _____ is our monthly gift of at least \$20 U.S. Please send us your GP & DFO publications.
\$ _____ is a special gift in addition to be used for:
\$ _____ is our total gift enclosed (in US dollars or equivalent currency, cheque or money order made out to the name that appears on the reply envelope supplied by WIM).

Please send us _____ copies of each publication for our Family. (Note: the maximum number of copies each Home may receive is 1 copy per couple, plus 1 copy per single adult.)

If you must receive your weekly mailings in sealed airmail envelope, please check this box ☐. as otherwise all Family mailings will now be sent as airmail printed matter, partially sealed. (If you are only giving the minimum \$20 per month, please enclose an extra \$10 for this service, or we cannot afford to send them to you sealed.—Thanks.)

Please complete this section if you are tithing this month: Please note that our monthly gift is a full 10% tithe of our Home's total monthly income of \$ _____. We intend to tithe regularly. Please send us copies of the Tither's Report Form & DQ copies of all publications, as well as all DFO & GP literature.—We want all the news!

Please fill out Page 2 of this form on reverse side.—Thanks!

INDEPENDENT REPORT FORM

VICTORIES: (Please describe your greatest victories this month.)

PROBLEMS: (Please list your biggest problems, legal or otherwise.)

COMMENTS, SUGGESTIONS, TESTIMONIES: (This space is for your good ideas!)

Please use the space below &/or a separate sheet to send names & addresses of friends, converts, contacts etc., whom you feel might like to receive our publications. Thanks! They will be sent a free sample copy of milky lit for lambs, an invitation to join you IRFers or TRFers in sharing the Family News & an offer of our simple Basic Introductory Course for babes. —Share your blessings with others! (Please indicate what language the person reads best.)

Signature _____

Date _____