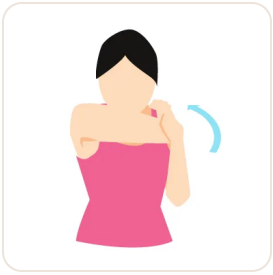
Stretch Minute stretchminute.com

6 stretches for new parents

About 4 minutes | 6 stretches | Standing, lying down | uses a wall

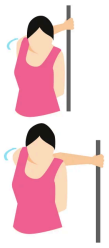
When: During a nap, after the evening feed, or once the baby is down for the night. Move slowly into each stretch and breathe; a gentle stretch is enough.



1. Cross-Body Shoulder Stretch

20 s each side

Bring one arm across your chest. Use the other hand to press it gently toward you.



2. Chest Stretch

20 s each side

Place one hand on a wall at shoulder height. Slowly turn your body away until your chest opens.



3. Triceps Stretch

20 s each side

Raise one arm and bend the elbow so your hand drops behind your head. Use the other hand to ease the elbow back.



4. Cobra Stretch

25 s

Lie on your stomach, hands under your shoulders. Press up gently, lifting your chest while your hips stay down.



5. Knees to Chest

30 s

Lie on your back and hug both knees to your chest. Relax your shoulders and breathe.



6. Glute Stretch

25 s each side

Lie on your back. Draw one knee toward the opposite shoulder with your hands.

Days done

	M	T	W	T	F	S	S
Week 1							
Week 2							

Do it guided, free

Scan to open "New Parents" in the Stretch Minute app, with a timer and voice guidance.

stretchminute.com /r/new_parents

If you have recently given birth, check with your doctor or midwife before you start stretching. Stretch gently and stop if anything hurts. Stretch Minute is not medical advice. If you are injured, pregnant or have a medical condition, check with a doctor first.

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