







## 5. Lift your babo

Trakcare sticker			Parent/carer 1 – Name and signature:		
			Parent/ carer 2 – Name and signature:		
Skill	Demo or talk – signature and date	Parent/ carer 1 practices	Parent/ carer 2 practices	Nurse assessed as competent – name, signature and date	Parents to sign and date when confident with teaching

