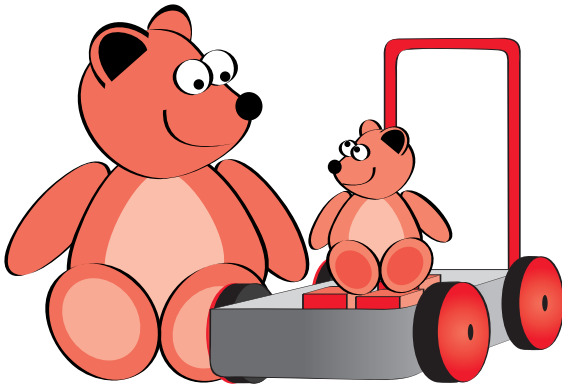


Children's
Physiotherapy



Information about
Baby Walkers

Paediatric Physiotherapy Department
Child Development Centre
St. Luke's Hospital
Little Horton Lane
Bradford BD5 0NA

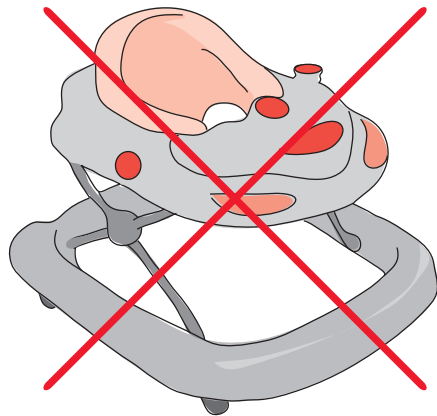
Tel. 01274 365612
Monday to Friday 8.30am to 4.15pm



Children's physiotherapists do not recommend the use of baby walkers. Baby walkers can cause serious injuries.

Things to consider:

- Babies in walkers can move very quickly, so even when supervised, accidents do happen.
- A study has shown that 7 out of 10 children injured while in a baby walker were being supervised at the time.
- Many burn and scald injuries in very young children occur while they are in baby walkers through falling onto fires or against hot ovens or reaching up to hot pans.
- Baby walkers can tip over and the baby may be thrown down the stairs or into furniture causing serious injury.
- Children in baby walkers can reach dangerous objects such as sharp items, household cleaners and medicines more easily.
- In one year alone, over 2350 babies were injured in baby walkers in the UK. More than 7 out of 10 of these children were under 1 year old.

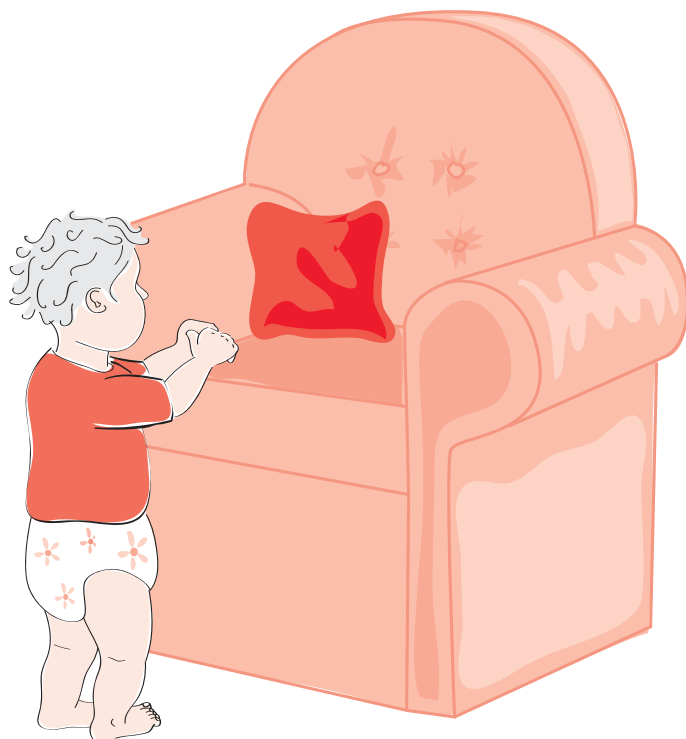


Evidence shows that baby walkers do not help babies learn to walk.

Baby walkers are so supportive that babies do not develop their own balance. They can also delay the strengthening of their tummy, hip and shoulder muscles.

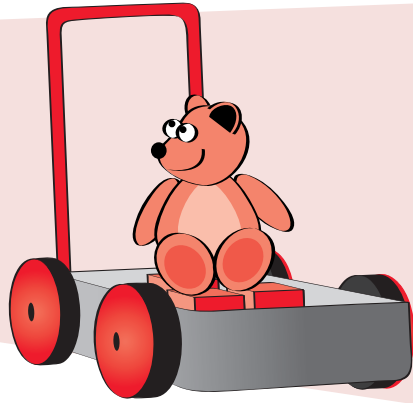
Baby walkers hold children with their hips and knees bent, encouraging walking on tiptoes and with legs turned outwards. This walking position may become a habit that is difficult to break, even when out of the baby walker.

Too much time in a baby walker may delay sitting, crawling and walking skills.



Activities to encourage your children to walk.

- Allow your child plenty of supervised time on the floor. This encourages your child to exercise his/her muscles through rolling, sitting and crawling.
- When your child is ready, he/she will be able to stand holding onto furniture. Encourage him/her to start walking sideways along the furniture, this is known as cruising.
- As his/her ability and balance improves, consider using a push-along toy with close supervision.



Remember

Babies develop at their own pace; however, if you have concerns about your child's progress, contact your health visitor or GP.

Additional Information

You may find this website useful:-

www.kkh.com.sg/PatientHealthLibrary/ChildrensHealth/GrowingUp/Baby+Start+Walking.htm

