

Why You Shouldn't Use a Baby Walker or Exersaucer

Child Care/Health Promotion
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

#724

Name of Child: _____ Date: _____

Why You Shouldn't Use a Baby Walker or Exersaucer

**Baby walkers and exersaucers
make learning how to walk take
longer**

Babies who use walkers and exersaucers take longer to learn how to walk. This takes longer because:

- In a walker or exersaucer, babies don't learn how to hold up their weight.
- Walkers don't support babies' backs. Babies don't learn how to hold their backs up straight.
- In the walker, babies do not learn how to balance to keep from falling.
- The sling seat can make the baby's hips bow out. This can cause the legs to bow out (bowleggedness) or the toes to turn in (pigeon toed walking).
- Babies can't see their feet in a walker or exersaucer. This is a problem because children learn to walk by feeling and seeing.
- Babies often stand on their toes when in walkers. Children with cerebral palsy and those who were born too early (premature) need to learn how to walk on their feet, not toes.



**Baby walkers make
learning how to walk take longer
and they are not safe.**

If a baby is too young to hold him or herself up and is put into a walker, that baby may lean forward or bend back, and have trouble breathing.

Baby walkers and exersaucers aren't safe

A child in a walker can get away from the parent, and may get into trouble. Children get hurt when they fall down stairs, tip into pools, fall off decks and patios, and tip on toys or rugs.

Your child would be safer in a playpen than in a walker.

Baby walkers and exersaucers don't teach children how to walk

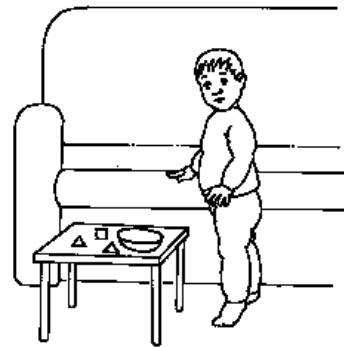
Most children do not have baby walkers, and they learn how to walk anyway!

Here are some ways you can help teach your child to walk:

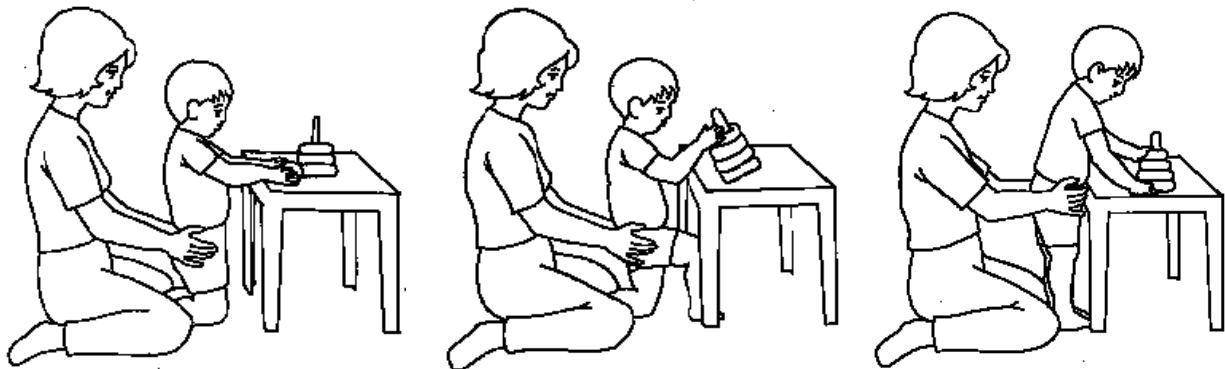
- When your child can hold his or her weight while standing, help your child learn to balance by having him or her
— learn to pull up from sitting to standing



Help your child hold on to furniture and learn to balance.



Children learn how to walk when they hold on to furniture and move around a room.



Help your child learn how pull up to standing.

- stand by the couch
- hold on to furniture and move around a room

Now that you've read this:

- Tell your nurse or doctor why you shouldn't use a baby walker or exersaucer. (Check when done.)
- Tell your nurse or doctor how you will help your child learn to walk. (Check when done.)



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
866-933-6459
www.phoenixchildrens.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Tuesday, February 2, 2010 • DRAFT to family review
#724 • Written by Karen Wright, MSPT • Illustrated by Greg Bishop and Dennis Swain



The Emily Center

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Name of Health Care Provider: _____ Number: 724
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!