

What are safe ways for my child to have fun?

Playpens, baby swings and high chairs are all great alternatives to babywalkers. However, children should never be left alone, even when using a walker alternative.

If you already own a babywalker, take the wheels off. The alternative to a babywalker looks similar to a babywalker, but has no wheels and a dish base. Check with your local toy store to find out more about these walker alternatives (shown inside).

Remember, if you put your child in a swing or high chair, always buckle his or her seat belt.

If you have questions about:

-  babywalkers
-  babywalker safety
-  babywalker-related injuries...

call Nationwide Children's Hospital
Community Education: (614) 722-4949.

SAFE-T-SAURUSSM – Keeping Kids Safe

For more than ten years, SAFE-T-SAURUS has been helping Nationwide Children's Hospital keep children and families safe.

Educational safety information is provided through brochures, activity books, videos and personal appearances. Programs are available on a wide variety of safety topics.

And now you can visit SAFE-T-SAURUS on the Web. Nationwide Children's complete library of SAFE-T-SAURUS topics is available at www.nationwidechildrens.org. Safety items for your children and home can be purchased through Safe-T's online safety store also found on the Nationwide Children's Web site.



Sign Up For Health e-Hints

Nationwide Children's Hospital's Health e-Hints is a free email-based program designed to provide you with important age-appropriate child health information conveniently delivered right to your desktop.

Sign up today for this free service at www.nationwidechildrens.org/healthhints.



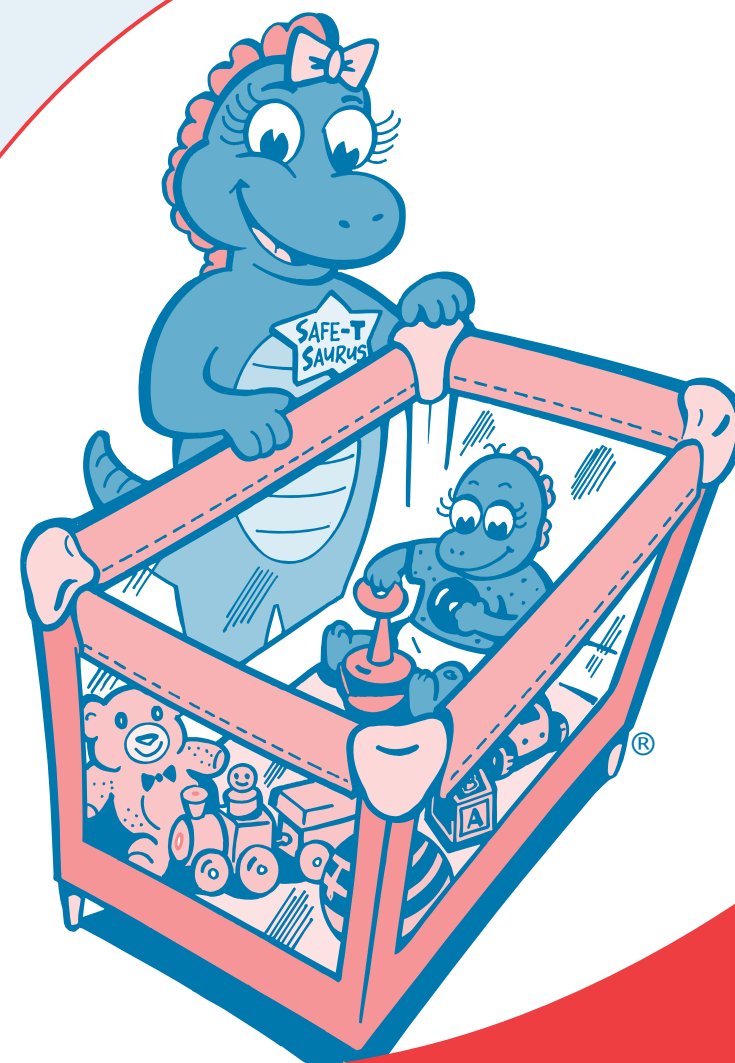
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Baby Safety

Preventing Babywalker Injuries



Parents want the best for their children. They want them to be healthy, happy and to develop normally and safely in all ways... from the first feedings to the first steps, and well beyond.

The questions and answers in this brochure are designed to help you, as a parent, make healthy and safe choices for your children.



Are babywalkers safe?

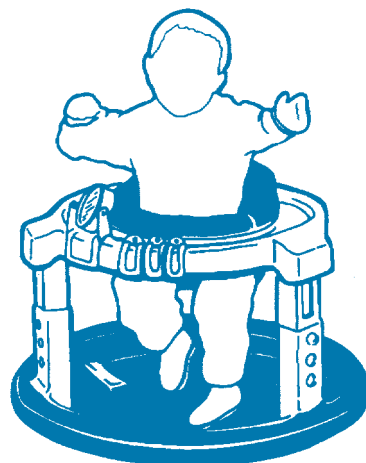
No! Nearly 4,600 children ages 4 and under are treated in hospital emergency rooms each year for babywalker-related injuries. These injuries occur because babywalkers allow children to do things too soon. The height and speed of a babywalker increases the chance of children:

- ❑ *reaching counter tops, shelves, stove tops, etc.*
- ❑ *falling down stairs, into swimming pools, bathtubs and fireplaces.*

The most common injuries are head injuries, followed by broken arms and legs.

Isn't it true that children who get hurt in babywalkers have inattentive parents?

Absolutely not! A baby in a walker moves three feet per second. Even the most attentive parent may take their eyes away from a child for such a short period of time.



Alternative to babywalker as described on other page.

Do babywalkers help with development?

No! Babywalkers do not help babies walk earlier. While in babywalkers, babies use the muscles in the back of their legs and walk on their tip-toes. True walking, as well as crawling, requires the use of both the front and back leg muscles. If children are put in walkers, they do not have the chance to learn to crawl—an important step toward walking.

Do babywalkers help balance?

No! The baby's position in a walker causes her to lean forward from the hip. Also, the child does not have to balance herself in a walker. Whether a baby tips to the side or forward, the walker will catch her from falling.

