



SPINAL SAFETY FOR YOUR BABY

Statistics show that 50% of all infants are accidentally dropped in their 1st year of life - most commonly from a couch, change table or a bed. So, never leave your child unattended on the couch, bed, change table, etc. even for a few seconds.

Change your infant on the floor. This is ergonomically better for the parent, and there is no risk of falling for the baby.

When changing diapers, avoid lifting the baby's bottom by grasping the ankles, as it places undue stress on the hip joints and sacrum. Gently roll the baby to the side and hold with your hand/arm. Clean, remove soiled diaper from under the baby, slide the new diaper under with the other hand.

Baby bouncers – (cloth carrier on spring suspension) Babies are able to rock themselves, or bounce in these even when very young. There is a high incidence of falling from where the bouncer is placed.

Baby walkers – places stress on the lumbopelvic area and lower limbs long before they are biomechanically prepared. Babies should be able to sit/stand on their own before they are put into a walker.

Baby jumpers – repetitive bouncing stress can be unhealthy for joints that are not yet developed to bear weight. Babies must be able to bear weight (sit/stand) before they are put into "Jolly Jumpers".

Portable high chair – poor attachment to table or counter again leads to high incidence of chair falling.

Car seats – some rules to live by:

Never put children in front seat with airbags.

Do not reuse a car seat that has been in an accident.

Seatbelts should not go across the neck or armpit of the child.

A cut out or hole in the sacral area of a carrier leads to back strain. (Look under the lining of the car seat/carrier - If you find a space where the foam ends near the „bum“ area of the seat, fill it with a cloth or receiving blanket.)

Always keep your baby's spine in line especially when sitting. Roll up a towel or receiving blanket and place beside the baby's head if they tilt their neck. Don't allow them to slump low down in their seat.

Your baby's safety is up to you. Do all that you can, for their sake!

Please ask Dr. Hort if you have any questions or concerns. She would be more than happy to help.