

Baby walkers are dangerous

Question: Are baby walkers safe for my baby?

Answer: There is an extremely high risk of injury with the use of baby walkers with young children. The amount of evidence indicating this is accumulating. In 1999, in the United States 8,800 children under the age of 15 months were treated in emergency rooms from baby walker injuries. The most common cause of injuries resulted from falls down stairs, subsequently injuring the head.

The scary part of these statistics is that the majority of these injuries occurred while a caretaker was in the room with the child in the walker. The committee on Injury and Poison Prevention of the American Academy of Pediatrics gave other reasons to ban baby walkers. Walkers do not help an infant to learn how to walk, and can delay normal motor and mental development.

From my perspective of treating children for 22 years, baby walkers are dangerous to appropriate pelvic development by putting weight bearing on structures not ready to bear weight. They also prevent proper cross crawl gait function, which allows the brain body co-ordination to develop. When a baby lifts its opposing arm and leg up alternating left then right it stimulates the brain to prepare for proper walking. Walkers bypass this important part of the instinctual education to the child and may disrupt brain development as well as coordination.

Let nature take its course. Please don't use walkers as temporary babysitters.
You can love and enjoy your child more without walkers.

Quote of the week: *“Anything in life that we don't accept will simply make trouble for us until we make peace with it.”* - Shakti Gawain