

## Parent Tips & Hints

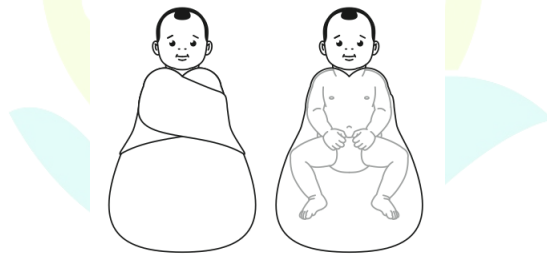
### Swaddling and Sleeping Bags

We hope that you find some of the following suggestions, from other DDH parents helpful.

#### Swaddling

- *Always allow the legs to move into their natural position.*
- *Swaddling/wrapping of arms only is recommended with loose covering of legs only.*
- *Incorrect techniques can lead to unnecessary incidences of hip dysplasia.*
- *The International Hip Dysplasia Institute is the world leader for education regarding healthy hip swaddling. Further information and their position statement can be found at;*

<http://hipdysplasia.org/developmental-dysplasia-of-the-hip/hip-healthy-swaddling/>



[Picture source: Victorian Paediatric Orthopaedic Network]

#### Sleeping bags

- *Always allow the legs to move into their natural frog-legged position.*
- *Many commercial brands of sleeping bags, in the bigger size, will fit over the harnesses and braces.*

NB. An information booklet specific to managing with a Spica cast is being developed.

Share your ideas with us [info@healthyhipsaustralia.org.au](mailto:info@healthyhipsaustralia.org.au)

#### Disclaimer

This information is intended to support, not replace, discussion with your doctor or healthcare professionals. Every effort is made to ensure this information is up to date, accurate and easy to understand. Healthy Hips Australia accepts no responsibility for any inaccuracies, information perceived as misleading, or the success of any tips, hints or treatment regimens discussed in these handouts. This handout and others are available to download free of charge at [www.healthyhipsaustralia.org.au](http://www.healthyhipsaustralia.org.au)

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#### Useful Links

Healthy Hips Australia

[healthyhipsaustralia.org.au](http://healthyhipsaustralia.org.au)

Silver Lining Pavlik Harness  
Baby Clothing

[www.silverliningbaby.com](http://www.silverliningbaby.com)

Gold Dust Baby

[www.golddustbaby.com.au](http://www.golddustbaby.com.au)

HipTilly

[www.hiptilly.com.au](http://www.hiptilly.com.au)

Hip Babes

[www.hipbabes.com.au](http://www.hipbabes.com.au)

Katherine Herbig - Supplier  
of DDH friendly sleeping  
bags/swaddles

[www.facebook.com/KatherineHerbig](http://www.facebook.com/KatherineHerbig)

Sleepy Wings

[www.sleepywings.com.au](http://www.sleepywings.com.au)

Ergobaby Swaddler

[www.ergobaby.com.au>swaddlers](http://www.ergobaby.com.au/swaddlers)