Parent Tips & Hints
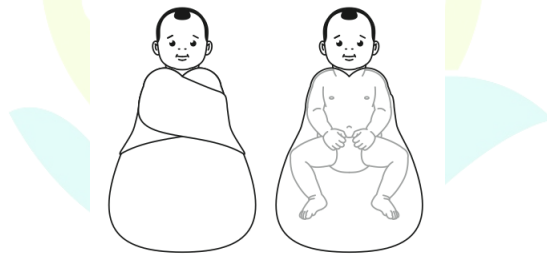
Swaddling and Sleeping Bags

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

Useful Links

Healthy Hips Australia

healthyhipsaustralia.org.au

Silver Lining Pavlik Harness Baby Clothing
www.silverliningbaby.com

Gold Dust Baby
www.golddustbaby.com.au

HipTilly
www.hiptilly.com.au

Hip Babes
www.hipbabes.com.au

Katherine Herbig - Supplier of DDH friendly sleeping bags/swaddles

www.facebook.com/KatherineHerbig

Sleepy Wings

www.sleepywings.com.au

Ergobaby Swaddler

www.ergobaby.com.au>swaddlers