



Parent Tips & Hints

Babywearing

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

General Recommendations;

- Babywearing can be a great option, if you are carrying your child a lot, whilst they're in their harness, brace, or even cast.
- A wide base, that supports under the bottom and the leg out to just before the knee, helps promote healthy hip positioning.
- Avoid slings that only allow for the legs to stay together; however slings where the legs are in the frog-like position are suitable.



Source: www.babywearing.co.uk

The following have been used with a child during DDH treatment;

- Ergo Baby Carriers
- Manduca Baby Carrier
- Boba Carriers
- Tula Carriers
- Kinderpack/Kindercarry
- Mei tai style carriers
- Ring Sling

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

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