Parent Tips & Hints

Car seats

We hope that you find some of the following suggestions helpful.

General Recommendations

- A wide seat, shallow seat depth and no sides are ideal to accommodate most harnesses and braces (for babies and toddlers).
- To promote healthy hip positioning there should be sufficient room to allow the legs to move into their natural frog-legged position.
- Frequent breaks, on longer car trips, may be needed from a comfort point of view during treatment.
- Extend the straps to the full length as needed but ensure the belt still fastens properly and the straps aren't loose.
- A piece of foam or small towel, folded behind the back can help if there is a gap due to the harness, brace or cast.
- Depending on positioning, it may not be safe to secure your child using your existing car seat. Modifying them can impact on the safety rating. See the Kidsafe Child Restraint Guidelines for further detail: http://www.kidsafe.com.au/crguidelines

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

- Infasecure Luxi Caprice - convertible (0-8yrs)
- Britax Safe n Sound Meridian – convertible (~0-4yrs)
- Britax Safe n Sound Maxi rider – convertible (~6mths-8yrs)
- Maxi Cosi Goliath – removed arm rests (~6mths-8yrs)
- Hipod Roma convertible car seat (~0-4yrs)

NB. Local organisations of Kidsafe and Independent Living Centres Australia may hire car seats

Healthy Hips Australia

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

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