



## Parent Tips & Hints

### Clothing – Harnesses/Braces

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

- *Place a layer of clothing between the skin and harness/brace to minimise chaffing. 100% cotton might be a better choice for sensitive skin. Fitted rather than loose garments are less likely to bunch up but loose clothing allows for airflow; trial and error for what suits your child might be needed. Short-sleeved tops, versus no sleeve, creates a barrier between the skin and shoulder/chest straps.*
- *Long-sleeved, legless body suits with press studs under bottom teamed with leg warmers/socks provides easy access for nappy changes.*
- *All-in-one body suits that are footless, and have a two-way zip work well for nighttime once bub is not needing overnight changes. Two-way zips make necessary nappy changes a bit easier.*
- *Dresses and skirts, 1-2 sizes above the current size, cover the harness and brace.*



- *Harem style pants, 1-2 sizes above the current size, usually fit over the harness/brace. Leg warmers underneath provide warmth.*
- *Overalls (with press studs or Velcro on inner leg from one side to other for full opening underneath).*
- *Covers are available for the harnesses/braces.*
- *Pants over the Rhino brace or long leggings rolled back over the Velcro can stop older infants pulling off the brace.*
- *Ensure clothing over the harness/brace doesn't squash the legs together.*

#### 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)

Little Hippie

[www.facebook.com/LittleHippie](https://www.facebook.com/LittleHippie)

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)

Sunny and Lola 'Clicky Kids'

[www.sunnylolaclickykids.bigcartel.com](http://www.sunnylolaclickykids.bigcartel.com)

HipTilly

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

Hip Babes

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

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