



Parent Tips & Hints

Eating & Highchairs

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

Eating

- Put an art smock over your child to avoid food dropping down between the cast and tummy. This idea will also help keep food off harnesses and braces.
- Smaller, more regular, meals may be better tolerated due to the position/pressure of the harnesses/braces/casts on your child's tummy.

Highchairs

The following brands have been rated by DDH parents. We suggest trialing them in-store before buying;

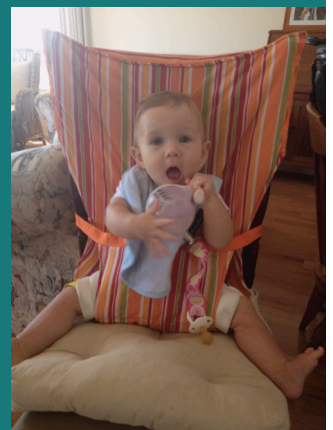
- Chicco High Chairs – www.chicco.com.au
- Mocka Wooden High Chairs – www.mocka.com.au
- Stokke Tripp Trapp High Chairs – www.stokke.com
- Kmart brand High Chairs - with fabric side panels that can be unclipped
- Booster seats that strap to dining chair
- Spica Table – Please get in touch with us for design to DIY
- Bumbo seat with sides cut back to create bigger leg opening

Share your ideas with us info@healthyhipsaustralia.org.au



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