



Parent Tips & Hints

Prams

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

General Recommendations;

- Prams with a wide seat, shallow seat depth and no sides are ideal.
- Loosening the harness straps may bring your child forward enough to fit in the pram seat; pad behind them with foam, a flat pillow or towels.
- A bassinet is ideal for newborns and, depending on their size, if <3mths they may fit in most prams.
- Don't be afraid to try prams with your child in the store.
- Ensure their knees are not squashed together by the sides of the seat.

The following have been used with the Rhino brace

- *Steelcraft Agile & Strider*
- *Maclaren Stroller*
- *Umbrella strollers*
- *Bugaboo Bee*
- *Baby Jogger City Select & Versa*
- *Mamas and papas prams*
- *Stokke Prams*

The following double prams have been recommended

- *Strider Plus*
- *Side by side Steelcraft*
- *Valco snap duo*
- *Phil and Teds (sport)*

The following have been used with Spica Casts and older children

- *Maclaren special needs stroller*
- *Umbrella strollers with pillow*
- *Bugaboo Bee (<3yo)*
- *Wheelchair hired through hospital*

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

Useful Links

Healthy Hips Australia

healthyhipsaustralia.org.au



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