

Safe Swaddling For Healthy Hip Development

There are many benefits to swaddling during the first months of life; it provides security and comfort, aides in settling and establishing sleep patterns. However, research indicates swaddling can increase the risk for developmental dysplasia of the hip (DDH). DDH is a common childhood condition where the hip joint does not fit in the 'normal' position due to abnormal development and/or lack of growth of the joint's ball and socket.

To allow for natural hip positioning during swaddling:

DO

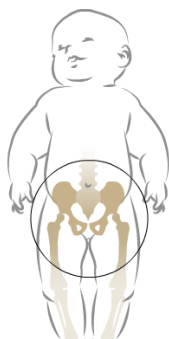


Source: International Hip Dysplasia Institute

- Position your baby with their hips bent and knees apart; frog-legged like the illustration above.

- Allow room around the hips for movement.
- Wrap the upper body firmly, but not tightly.
- Consider swaddling the arms only.
- Follow SIDS and Kids guidelines – www.sidsandkidswa.org/assets/info-statements/wrapping.pdf
- Stop swaddling once your baby is rolling, back to tummy and onto back again, during playtime, as It may prevent your baby from returning to their back during sleep (around 4-6months of age).

DON'T



Source: International Hip Dysplasia Institute

- Wrap legs tight and straight down / pressed together.
- At this stage in life, the hip joint can be loosened in the straight-legged position.
- Use sleep sacks and pouches that tighten around the thigh.

For more information about DDH visit www.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