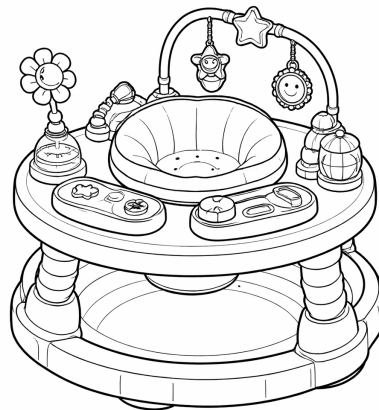


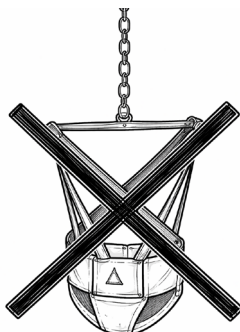
Baby “containers” (like swings, bouncers, jumpers, and seats) can be helpful to parents for short periods, but using them too often may limit a baby’s natural movement. When babies spend a lot of time in containers, they have fewer chances to move freely, explore, and practice important skills like rolling, sitting, crawling, and standing. Free floor play helps babies build strength, balance, and coordination at their own pace, which supports healthy motor development. Consider the following guidelines for the use of exersaucers:



- Hold off on using until your baby is starting to sit on their own
- Adjust the height so that baby’s legs are bent and he/she can place their feet flat on the bottom surface
- Use for short periods only, 15-20 minutes, focusing instead on floor time
- Avoid using and talk to your health care practitioner if your baby is showing any signs of “stiffness” or “floppiness” or has any orthopedic concerns such as hip dysplasia or club feet

The use of baby jumpers is generally not recommended because of the following considerations:

- Jumping strengthens muscles that may hinder baby’s development when learning to sit, crawl or walk
- Jumpers can teach babies to move in ways that aren’t helpful for their development, such as standing on their toes instead of flat feet which may lead to tightness in key leg muscles
- The bouncing they enjoy does not help the development of trunk and leg control or balance reactions needed for walking



Always stay close and actively supervise your baby when using exersaucers or jumpers, and follow all safety guidelines to help prevent injury. If you have any questions or concerns about your baby's development or safe use of these devices, talk with your health care practitioner for guidance.