

How to Choose a Hip Healthy Baby Carrier

Benefits of Babywearing:

- Hands-free convenience
- Supports attachment parenting practices
- Improves head control and head shape
- Reduces reflux

Benefits of Swaddling:

- Calms and soothes baby, leading to better sleep
- Promotes safe sleeping

Not all baby carriers or swaddling techniques are good for an infant's hip development. It is important to swaddle and babywear correctly to ensure healthy hip development, especially when hip joints are growing quickly in the first six months of life. Below are tips to help promote good hip development.

Babywearing:

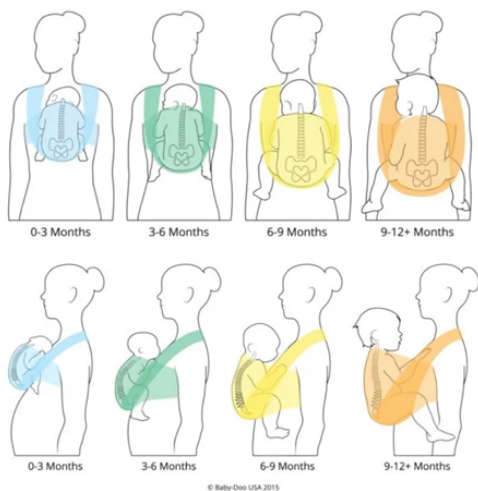
- Wear baby in a "hip healthy" baby carrier
- Make sure baby's hips are in an "M" position
- Wear baby in an inward-facing, soft-structured baby carrier
- Avoid keeping baby in devices, like car seats and strollers, for long periods of time

Swaddling:

- Avoid tight swaddling of lower limbs, where legs and hips are extended and thighs touch
- Allow unrestricted movement of baby's hips

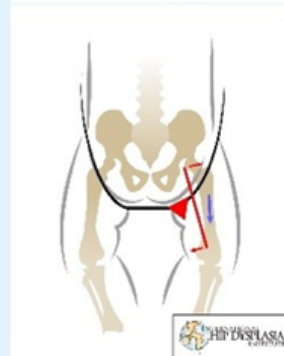
HIP DYSPLASIA RISK FACTORS

Family history
Female gender
Breech positioning
Prolonged labor
First-born child
Larger birth weight



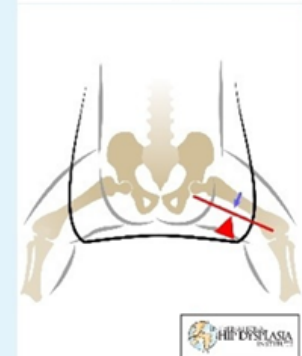
Baby Harnesses

Not Recommended:



Thigh NOT supported to the knee joint. The resulting forces on the hip joint may contribute to hip dysplasia.

Better:



Thigh is supported to the knee joint. The forces on the hip joint are minimal because the legs are spread, supported, and the hip is in a more stable position.

The International Hip Dysplasia Institute supports proper babywearing with the hips in the M-position to encourage healthy hip development. Check out a list of recommended "hip healthy" baby carriers and swaddling brands, here:



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6. Vaidya S, Aroojis A, Mehta R. Developmental Dysplasia of Hip and Post-natal Positioning: Role of Swaddling and Baby-Wearing. *Indian Journal of Orthopaedics*. Published online September 25, 2021. doi:10.1007/s43465-021-00513-3