Safe kids Healthy kids Happy kids

Stroller Safety Tips

Most parents use a stroller for outings. When you choose a stroller, consider your baby's comfort and safety.

Your newborn cannot sit up by himself. You will want a stroller that fully reclines. This allows him to lie on his back to nap during errands. When he is awake, he can still look around. New strollers may also offer features to close the leg opening.

Buy a 5-point harness stroller. It is safer than one with a 3-point harness. Make sure the stroller has a locking device. This prevents the stroller from folding up while your baby rests inside. A canopy is essential to keep your baby from sun, rain and wind.

Test strollers before you buy. A sturdy stroller has a wide base. This prevents toddlers from tipping over when they lean out of the stroller. Are the brakes easy to use? Does it moves easily? Does it provide a place to store bags or a purse?

When you use your stroller, follow these safety tips.

- Follow directions as you set up the stroller.
- Press down on the seat to make sure it is locked before you place your baby in the stroller.
- Always use safety straps.
- Never leave your baby alone in a stroller – not even for a second.
- Use only an infant insert made for your stroller. Do not use a pillow or comforter under your baby as a cushion. Your baby could suffocate.
- Use the stroller brake every time you let go of the stroller. Make this a habit.
- Do not hang bags on the stroller handle. This may cause it to tip.

Send in your warranty card. The stroller company will tell you about recalls and updates.

When jogging, use a jogging stroller. However, do not jog with your baby until he is at least 6 – 8 months old. In fact, it is best to wait until your baby is 1 year or older. Infants do not have good head and neck control. Riding in a jogging stroller is an injury risk for babies.

If you go out during the first two months, protect your baby from flu and illness. Avoid crowds.

Do not let people touch your baby. Stay away from sick people.

Brought to you by Parent Help Line and St. John's Children's Hospital