

INFANT WALKERS and EXERSAUCERS

Infant Walkers:

Mobile infant walkers are responsible for over 25,000 serious injuries each year, and even deaths have been directly related to walker use. Most of the injuries occur from falls down stairs resulting in head trauma and fractures. Pinch injuries to hands and feet are also common. Walkers also increase the baby's access to poisons, electric outlets, wires, and other hazards. There may be negative short-term effects on crawling or walking as well. There is no evidence that walkers offer any benefit, even though parents find them helpful to keep the baby entertained.

The American Academy of Pediatrics has therefore recommended a ban on the manufacture and sale of mobile infant walkers. Parents should not use mobile walkers for their infants, including at daycare.

Stationary Activity Centers (Exersaucers):

Some experts in child development have concerns about these products. They may reinforce undesirable movements in babies. These include keeping legs stiff, arching of the back and arms held backwards. The American Academy of Pediatrics does not recommend against the use of these centers, however based on concerns listed above, you may want to limit their use.

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