



MAKE SAFE HAPPEN®

RUNNING & WHEELING

GET THE GEAR:

- Make sure your jogging stroller has large tires and adjustable shocks. (These features will help absorb the bouncing.)
- Make sure you're always visible by wearing brightly colored clothing and adding reflectors to your stroller's front, top, and sides.
- Check in every so often to make sure your baby is shaded. Even though a canopy provides coverage, your baby may still be exposed to the rays.
- Dress your child accordingly—they may need to wear more layers than you.

STROLLER SAFETY:

- Make sure your baby has neck strength and is at least 6-8 months old before you take them jogging. Most jogging strollers are not designed to recline.
- Always buckle up and use your stroller's five-point harness. This prevents your baby from wiggling out or standing up.

DOWNLOAD THE MAKE SAFE HAPPEN APP

Developed in partnership with the safety experts at Nationwide Children's Hospital, the app helps you make your home safer. Get room-by-room safety checklists, link to recommended products, and set reminders.



CONTENT DEVELOPED IN ASSOCIATION WITH:

