



MAKE SAFE HAPPEN®

# STROLLER SAFETY

## WHAT TO LOOK FOR IN A STROLLER:

- Pick a stroller that's made for your kid's age, height, weight.
- Test your stroller by tipping it backward when you press lightly down on the handles. If it resists, it's safe. (Your stroller should have a wide base and low frame so it won't tip over.)
- Make sure the stroller has a seat belt and a harness. The 5-point harnesses is the safest and should fit snugly to keep your little one in place.
- Make sure baskets are low on the back of the stroller and in front of the rear wheels.
- Try steering the stroller in a straight line and make sure you can do so when pushing with one hand.
- If you have a newborn, find a stroller that reclines or can be used with an infant-only car seat. (Newborns need to be able to lie almost flat in strollers since they can't hold up their heads.)
- If you want a stroller for multiple kids, check out tandem models (where the children sit one behind the other). These are easier to maneuver and are more stable than the type where kids sit next to each other.
- If you pick the type of stroller where the children sit next to each other, make sure there is only one footrest. Two separate footrests can be dangerous as a child's foot could get stuck between them. Yikes!

## SETTING UP YOUR STROLLER:

- Before you start strolling, make sure to read the manual and follow all manufacturer's guidelines for use.
- Handlebars should be at your waist level or slightly lower.
- To avoid pinching any tiny fingers, fold and unfold the stroller away from kids.
- Don't forget to register your stroller with the manufacturer as soon as you buy it. That way if there's ever a safety concern, they can contact you.

## SAFETY TIPS WHILE STROLLING:

- Stay with your child at all times when in the stroller. No matter what, never leave him or her alone.
- Before you start strolling, buckle up. Make sure your child is always buckled in to prevent them from squirming and wiggling out.
- If the stroller isn't moving, put the brakes on—even if you're just putting your child in the stroller or taking him out. Also, make sure your child can't reach the release lever.
- Avoid hanging your purse or diaper bag on the stroller handlebars. Dangling straps can be a choking hazard, and the weight of the bags could cause the stroller to topple over backwards.

## 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:

