



BABY JOGGER

SAFETY



Jogging strollers provide a convenient way for new moms and dads to get out for a run, but there are risks for your baby. Although jogging stroller manufacturers suggest that strollers are safe for babies as young as six weeks, Safe Kids Canada recommends waiting until infants are at least one year old.

Sitting in the stroller while you run can be too jarring for young babies. Their spines are still developing and they cannot sit up independently. In addition, only children who are at least one year old have necks that are strong enough to support a lightweight helmet. Several states in the U.S. have prohibited the use of jogging strollers with babies younger than one year of age.



When buying or using a jogging stroller, remember these safety tips: Shop for a stroller that has a balanced frame, sturdy wheels, a deep seat with a five point seat belt, a sun-shielding canopy, responsive brake, a wrist strap to hold the stroller, and back-up locks that prevent sudden folding of the stroller. Use the stroller for walking or jogging, but not with in-line skates. If you are jogging with the stroller, make sure that your child wears a properly fitted, certified bicycle helmet. Helmets are available for children aged one year and older. Keep your child out of the sun between 11:00 a.m. and 4:00 p.m. when the sun's rays are strongest. When in the sun, ensure that your child is protected by an overhead canopy, light clothing, and sunscreen with an SPF of 15 or higher. Secure your child with the internal harness correctly at all times. Use the parking brake when placing your child in the stroller and when removing your child. Jog on smooth surfaces in a quiet area away from traffic, such as a park. Do not leave your child unattended in the jogging stroller. Check the weather before going out jogging with your child. Temperatures inside a stroller, even with a canopy, can reach as high as 40 C or greater on a warm day. Ensure that your child drinks plenty of fluids to prevent dehydration. Dress your child in warm clothes if it is a cold or windy day.



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