



# The Association of Paediatric Chartered Physiotherapists

## APCP Information - Babywalkers: Are they necessary?

Information for Parents and Carers

Physiotherapists and other Health Professionals  
**DO NOT** recommend the use of babywalkers.

There are two main reasons for this:

**Safety** – even under supervision there are high numbers of accidents reported every year including: falling down stairs, head injuries, burns, scalds, and trapped arms / legs.



**Delayed development** – some studies have shown that babywalkers do not encourage development and may actually delay the achievement of standing and walking. Contrary to popular belief, they **DO NOT** teach a child to walk. They can cause a child to walk on their toes which may continue when they walk independently.

### If you are using a babywalker with your child:

- ◆ Never leave your baby unattended
- ◆ Never let your baby near steps or open doors e.g. patio windows
- ◆ Avoid use near open fires, cookers or radiators or trailing wires
- ◆ Check floor is free of objects that could cause tipping
- ◆ Your child can move at up to 7mph, faster than you can react
- ◆ Make sure both feet are flat on the floor, not on their toes
- ◆ Your baby should have good head control and ideally be able to sit up alone
- ◆ Use for a maximum of 20 minutes at a time

**Play safe** and encourage development without a babywalker.

We recommend these alternatives:

- ◆ Encourage your baby to play on their tummy on the floor
- ◆ Encourage rolling and sitting up
- ◆ Encourage crawling and pulling to stand
- ◆ Encourage supported standing



These activities will help encourage your child's development and help your child to:

- ◆ Learn about their body
- ◆ Explore their surroundings
- ◆ Progress to standing and walking

### **Useful references**

Royal Society for the Prevention of Accidents- [www.RoSPA.com](http://www.RoSPA.com)

Child Accident Prevention Trust- [www.capt.org.uk](http://www.capt.org.uk)

How to keep your baby or toddler active- <http://bit.ly/3YJhkdQ>

Only buy or use a baby walker that complies with BS EN 1273:2005: the date is important (the last four digits are the year the standard was approved, in this case 2005) because that's when more stringent safety requirements were imposed.

**Do not buy second hand baby walkers.**

APCP

<https://apcp.csp.org.uk>

V2 Published March 2023

V2 Review March 2028



The Chartered Society of Physiotherapy is the professional, educational and trade union body for the UK's 50,000 chartered physiotherapists, physiotherapy students and associates.



