



Baby Walkers

Using a baby walker will not help your baby learn to walk earlier.

This is because your baby:

- is missing out on rolling, crawling, climbing, and moving by themselves so their muscles don't get strong.
- learns the wrong way to balance and walk. This can lead to long-term 'toe walking' instead of normal walking.

Baby walkers can be dangerous because babies can:

- move quickly so they may fall down steps or run into things
- reach dangerous things like hot drinks
- pull heavy things onto themselves, like TVs.



How you can help me...



Create a safe place for me to move and explore.

Use safety gates and a playpen once I can move around.

While I'm learning to sit, sit me in a strong box – or between your legs or cushions – to help me balance.



Here are some more ideas:

**Play on the floor
with me.**

**Let me sit up to
play and reach
for things.**



**Let me crawl and climb to get
my favourite toys.**

**Help me pull myself up to stand
and walk along furniture.**



For more information about the metropolitan **Child Development Service** phone 1300 551 827 or visit cahs.health.wa.gov.au/childdevelopment

This document can be made available in alternative formats on request for a person with a disability.

This publication is provided for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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