Child Development Service



Baby Walkers

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

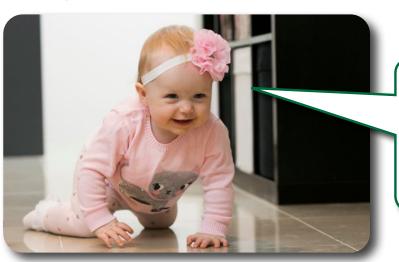
This is because your baby:

- 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.

©State of Western Australia, Child and Adolescent Health Service - Community Health May 2023 CAH-001043_babywalker