

October 2016

Preventing Walking Ring Injuries to Children



Traditionally the walking ring is a lifesaver to parents and it is usually one of the first gifts the family buys. It looks so nice and fancy with all the lights and toys attached that even as an adult you are tempted to play with it.

But is it all as it seems? Is it a nice toy that has the added advantage of making our babies walk sooner? Or is the truth more ominous? It is actually a major contributor to paediatric injuries?

Benefits of walking rings

Walking rings generally have some really colourful and interactive educational toys attached to them which are great for keeping your baby busy and helping them learn.

Putting your baby in a walking ring is usually a solution for when you need to use both of your hands but your baby is demanding your undivided attention.

Babies are happy when they can be mobile and independently amuse themselves.

What makes baby walking rings dangerous?

The baby's mobility increases at a speed of up to 1 metre per second at which the baby moves uncontrollably across the room. This is uncontrollable movement which puts them at a risk to fall down stairs; tip-over on uneven flooring or even violent collisions with objects. This means your baby could easily get a nasty bash to the head, which would result in a trip to the hospital.

Due to the raised height, babies in walking rings are also more likely to reach and pull down objects such as electric appliances, hot drinks, or chemicals.

The wheels on walking rings are basic and only really work on flat surfaces. They stick easily and can hook or break.

Extensive use of a walking ring can actually delay walking. It can force your child to bear more weight on his legs than he should at this stage and it deprives him from exploring his environment with his hands.

Standing, falling and getting back up is very important for your baby's development. This can be stunted by the use of a walking ring.

Foldable walking rings stand the chance of being faulty and hurting your child if the folding mechanism fails while your child is in the walking ring.



Taking all of the above into account, the most important thing to note that if your child uses a walking ring, they should NEVER be left unsupervised.

Important Emergency Numbers

Netcare 911:
082 911

SAPS:
10111

Netcare Union Hospital
011 724 2114

Injury.Prevention@netcare.co.za



NETCARE
082911
24HR EMERGENCY MEDICAL ASSISTANCE



You're in safe hands