



BABY BOUNCER POLICY

Updated 24/01/23

Benefits of Bouncers-

Baby bouncers aka bouncy seat, bouncy chair are elevated baby seats that sit at a semi-reclined angle. These seats. It makes it easier for adults and Baby to interact, but also because they tend to have a soothing effect for your baby.

The World Health Organization (WHO) recommend not to let young children sit in the same position for more than one hour. They therefore advise against allowing your baby to spend longer than one (1) hour in the bouncer at one time. 20 minutes is satisfactory. Practitioners are asked to keep track on how long a baby is in the bouncer chair for.

The ideal age to use a baby bouncer is anywhere from birth to six months. There are a few cautions to keep in mind. Babies usually start sitting up around the six-month mark, so using a baby bouncer at this age becomes a safety hazard because it can easily topple over.

Always Keep the bouncer on the floor, never on an elevated surface.

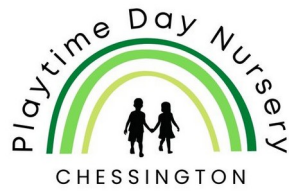
A baby bouncer isn't a suitable feeding chair. They are not designed for feeding and the baby is in a reclined position which can increase the risk of choking. Wherever possible babies should also not be fed on an adult's lap. This doesn't encourage independent eating by the baby and the baby cannot see the adults face. In Early Years Settings this should be able to be avoided and an age-appropriate chair used.

Why are Baby Bouncers Bad?

Baby bouncers are safe when they're used properly. The reason baby bouncers can be bad comes down to the angle of the bouncer. Baby bouncers usually position new-born's between a 30 and 45 degree angle, which can be inadvertently dangerous.

Young infants (especially new-born's) haven't developed any of their resting muscles yet. This means that if their head flops forward, they don't have the muscle tone to be able to lift their head back up. And in some cases, if their head flops forward, this could obstruct the infant's airway. The lack of oxygen could ultimately contribute to SIDS (Sudden Infant Death Syndrome).

Straps on a baby bouncer can also be problematic. Baby bouncers usually come with straps so that your baby can be safely strapped in while they bounce. However, if left alone, a baby could become entangled with the



straps. Instead of leaving a baby in a bouncer that has straps, letting the baby rest and sleep on a firm mattress is a much safer alternative.

The most dangerous situation comes with letting a baby fall asleep in a baby bouncer. It's advised not to use a sitting device for routine sleep, noting that infants who are younger than 4 months are particularly at risk for airway obstruction or suffocation (for reasons listed above). If an infant falls asleep in a sitting device, they should be moved to a crib or another safe sleeping alternative. And to avoid an infant falling asleep in a baby bouncer in the first place, adults should always supervise their baby when they're in a bouncer. Leaving a baby unattended while in a bouncer is dangerous.