

Hip tips for tots from health expert Rosie

HENLEY ROAD: Worrying about the state of your hips is something most people associate with getting older, but one expert has been showing town residents why hip health is also important in the young.

Babywearing consultant Rosie Dhoopun spent time talking to mums at the Lazy Daisy Studio at Ipswich Sports Club as part of Baby Hip Health Week – a campaign run by national charity STEPS.

Rosie held the sling information and demonstration afternoon for parents at the Henley Road club to explain the importance of correctly positioning a baby in a sling to prevent hip dysplasia.

Babycalm teacher Katie Mackenzie also gave a demonstration on baby swaddling.

STEPS is running the awareness week to raise awareness among parents and health professionals of the vital need to check babies' hips during the first few weeks of life to prevent unnecessary pain and disability in later years.

Signs parents should look out for in infants include one leg appearing shorter than the other, an extra deep crease on the inside of the thigh and crawling with one leg dragging or walking with a limp or waddle.

Along with the International Hip Dysplasia Institute (IHDI), STEPS has released two leaflets to advise parents on hip healthy swaddling and using baby equipment in a hip friendly way and Rosie and Katie were on hand to give Ipswich parents first hand demonstrations.

STEPS director and member of the IHDI advisory board, Sue Banton, said: "We don't want to scare par-



HIP HEALTH: Rosie Dhoopun talks to parents about baby sling positioning during Baby Hip Health Week.



Pictures: LUCY TAYLOR

ents, but by putting babies in inappropriate car seats or baby slings or by swaddling babies in the wrong way there is a real risk of a child developing hip dysplasia.

"Some types of baby carriers and other equipment may interfere with healthy hip positioning. These

devices could inadvertently place hips in an unhealthy position, especially when used for extended periods of time."

■ For more information visit www.steps-charity.org.uk or contact Rosie Dhoopun by e-mailing rosie@natureandnurture.co.uk