

## **Pointers For Parents**

### **Pushing Stroller Safety**

(NAPS)—As more parents use jogging strollers, baby carriers and bike trailers to enjoy the outdoors with their toddlers, experts stress the importance of protecting children from spinal cord injuries.

“About 11,000 people suffer from spinal cord injuries annually, and developing children are particularly vulnerable,” says Dr. Gerard W. Clum, president of Life Chiropractic College West and spokesperson for the Foundation for Chiropractic Progress.



**A few tips can help protect toddlers from spinal cord injury.**

Dr. Clum says parents should always be aware of how a device positions a child's neck or spine, and of course follow manufacturer safety instructions when using a stroller or similar equipment. The Foundation offers these additional tips:

- Make sure the child is always properly secured in the device.
- Avoid carrying or pushing a load that may be too heavy.
- Practice with the device before attempting to use it with your child.

For more information, visit [www.f4cp.com](http://www.f4cp.com).

#### **Did You Know?**

According to the Foundation for Chiropractic Progress, parents who use strollers, baby carriers or bike trailers can help protect their toddlers from spinal cord injury by always being aware of how a device positions a child's neck or spine. For more tips, visit [www.f4cp.com](http://www.f4cp.com).