

Exersaucer/Jolly Jumper Guidelines

Exersaucers and Jolly Jumpers allow infants to play safely in a safe, contained space and gives parents a break for a short time. However exersaucers and Jolly Jumpers shouldn't replace floor time. It is incorrect to think that using a Jolly Jumper or exersaucer will speed-up development or teach babies to walk sooner.



Reasons NOT to use an Exersaucer or Jolly Jumper:

- **Encourages poor positioning of legs and poor posture**
 - Babies tend to stand on their toes with their legs spread wide and rotated externally – this position does not help babies walk
- **Decreases balance**
 - Babies don't get balance practice when they are placed in an exersaucer or Jolly Jumper – this slows down the development of balance skills
- **Restricts exploration**
 - Exersaucers/Jolly Jumpers limit baby's opportunities to explore as it keeps them in one place – it is important that babies have the opportunity to roll, scoot and crawl around their environment as they are learning gross motor skills and developing their cognitive skills
- **Doesn't strengthens muscles needed for walking**
 - Jolly Jumpers strengthens muscles in the lower legs but not those around the hips, trunk or arms which are important to help babies crawl, pull-to-stand and walk

Recommendations when using an Exersaucer or Jolly Jumper

- ✓ Limit use of the Exersaucer or Jolly Jumper to 10-15 minutes twice per day
- ✓ Wait until baby has head control & is able to sit with support before starting use of exersaucer
- ✓ Ensure that baby's heels are down on the surface – if that isn't possible then place a book underneath baby to position baby with heels down and then adjust the exersaucer as baby grows
- ✓ If your baby has a tendency to be "stiff" or "floppy" then consult with your therapist or doctor before using an exersaucer or Jolly Jumper
- ✓ If your baby has any orthopedic concerns such as hip dysplasia or club feet consult with your doctor or therapist before using an exersaucer or Jolly Jumper

Please Remember: Infant walkers are not safe and are banned in Canada due to the serious injuries that are associated with them i.e. falls, fractures