

## Safety tips help protect children from stroller injuries

October 27, 2016

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Article type: [Parent Plus](#)

Topics: [Safety](#)

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Strollers are designed to make life with little ones easier. But if they are not used correctly, they can cause injuries.

In fact, two children go to the emergency room every hour after being injured by a stroller or carrier, according to a recent study. Most injuries occur when a child falls from the stroller or the stroller tips over. The study reported that 25% of the children suffered serious injuries like concussions and brain injuries, which can have long-term effects on brain development.

The American Academy of Pediatrics (AAP) advises parents to choose a stroller that meets safety standards. Buy a new stroller or one that was manufactured in the past few years, and register the product to receive safety alerts and recall notices.

If you own a stroller made before 2014, check to see if it was recalled at [www.cpsc.gov](http://www.cpsc.gov). That's when rules were updated to correct safety problems, such as hinges that pinched, cut or cut off fingers or arms; wheels that broke or fell off; parking brake failures; locking mechanism problems; seat belt/restraint problems, such as a child unbuckling or the belt breaking or coming off; and flimsy or easily broken products.



Parents also can take the following precautions:

- Always use harness straps as described in the stroller instructions.
- Store heavy items like diaper bags and purses in the basket underneath, not hanging from the handlebars, to prevent the stroller from tipping over.
- Always set the brake when the stroller is parked.
- Follow weight and age limits in the stroller instructions.
- Do not put children to sleep in strollers, especially infants younger than 4 months old, because they could move into positions that cause them to suffocate.

For more tips on selecting a stroller, visit <http://bit.ly/2dnvTRY>.

