









20 minutes per day in a “container” including time in a car seat is the recommendation for babies. Below are common baby “containers” and our recommendations for a safe space for your baby to be while you cook dinner or run to the bathroom.

Recommended containers are firm so that your baby understands where they are in space and do not allow baby to move into positions that they are not ready for such as sitting before they can roll or standing before they are crawling. These hinder development. Always try to think of developmental milestones and moving in an order that your baby is ready for. Rolling, sitting, crawling, pulling to stand, cruising along furniture and finally walking. Gravity is the hardest thing we have to overcome, putting baby on the ground in tummy time as often as possible aides with lifelong postural support.

Container	Pros	Cons	Links
	<p>None! Always avoid Johnny jumpers or any other jumper</p>	<p>Places the hips in a poor position which could lead to subluxation</p> <p>Places baby in upright position before they are ready</p> <p>Delays walking and can contribute to toe walking</p>	

	<p>None! Always avoid the ExerSaucer</p>	<p>Places the hips in a poor position which could lead to subluxation (less likely than the Johnny Jumper due to feet touching the ground) but still not great.</p> <p>Places baby in upright position before they are ready</p>	
	<p>None! Always avoid the Bumbo</p>	<p>Locks pelvis and trunk movements - baby is not getting any active movement or building any strength</p> <p>Also places pelvis in posterior tilt with hips flexed which contributes to poor posture and poor hip development, which could lead to hip subluxation</p>	

	<p>When baby is able to sit with minimal support this type of high chair is excellent.</p> <p>Look for flat hard surface to sit on (no contours) with foot support so that babies feet are not hanging</p>	<p>Be sure that baby is able to control head and trunk with minimal support before putting them in high chair</p>	<p><a href="https://www.amazon.com/Keekaroo-Height-Right-Highchair-Insert/dp/B00KSW5GOA?ref=ast_sto_dp">https:// www.amazon.com/ Keekaroo-Height- Right-Highchair- Insert/dp/ B00KSW5GOA? ref =ast sto dp</a></p>
	<p>Bouncers are ok for short periods of time. No more than 20 minutes total per day.</p>	<p>Can lead to flattening of the head and delayed milestones if used for extended periods of time.</p>	
	<p><b>The Infantino Tummy Time and seated support pillow</b></p> <p>A good way to start working on supported sitting. Does not hold pelvis in a bad position and allows baby to use stabilizer muscles to learn how to sit by themselves.</p>	<p>Baby need to have enough stability as this will not hold them up.</p>	<p><a href="https://www.amazon.com/dp/B07W62W6ZG/ref=twister_B08KGC993?encoding=UTF8&amp;psc=1">https:// www.amazon.com/ dp/B07W62W6ZG/ ref=twister_B08KGC993? encoding=UTF8&amp;p sc=1</a></p>




### “Up Seat”

A good seat that gives proper pelvic alignment. If you really want a seat this is better than the bumby



Still do not use this for long periods of time and baby needs enough core strength and head control to maintain posture when in this seat.

[https://www.amazon.com/Upseat-Floor-Booster-Seat-Highchair/dp/B07JQXZ2CW/ref=sr\\_1\\_1\\_sspa?crid=11HXAX8MRVJ6K&keywords=up+seat+for+baby&qid=1652828123&s=ba-by-products&prefix=u+p+s%2Cbaby-products%2C292&sr=1-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzOUZPWEPnMDNGTEVQJmVuY3J5cHRIZEIkPUEwODAxNjU1MVI5NkUwM1dZRERXWSZlbnNyeXB0ZW50ZWRBZElkPUEwMDg3OTczQVAzUVZOMFISTkROJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZW50JmRvTm90TG9nQ2xpY2s9dHJ1ZQ==](https://www.amazon.com/Upseat-Floor-Booster-Seat-Highchair/dp/B07JQXZ2CW/ref=sr_1_1_sspa?crid=11HXAX8MRVJ6K&keywords=up+seat+for+baby&qid=1652828123&s=ba-by-products&prefix=u+p+s%2Cbaby-products%2C292&sr=1-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzOUZPWEPnMDNGTEVQJmVuY3J5cHRIZEIkPUEwODAxNjU1MVI5NkUwM1dZRERXWSZlbnNyeXB0ZW50ZWRBZElkPUEwMDg3OTczQVAzUVZOMFISTkROJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZW50JmRvTm90TG9nQ2xpY2s9dHJ1ZQ==)

	<p><b>Fisher-price sit-me-up floor seat</b></p> <p>High sides provide good upright posture. No cushion provides good input to the sit bones for pelvic alignment.</p>	<p>Still do not use this for long periods of time and baby needs enough core strength and head control to maintain posture when in this seat.</p>	<p><a href="https://www.amazon.com/Fisher-Price-Sit-Me-Up-Floor-Seat-Pacific/dp/B07WRST18K/ref=sr_1_2?crid=16YY99OHAHCRD&amp;keywords=sit+me+up&amp;qid=1652828182&amp;s=baby-products&amp;prefix=sit+me+up%2Cbaby-products%2C160&amp;sr=1-2">https://www.amazon.com/Fisher-Price-Sit-Me-Up-Floor-Seat-Pacific/dp/B07WRST18K/ref=sr_1_2?crid=16YY99OHAHCRD&amp;keywords=sit+me+up&amp;qid=1652828182&amp;s=baby-products&amp;prefix=sit+me+up%2Cbaby-products%2C160&amp;sr=1-2</a></p>
	<p>Excellent safe space for baby</p> <p>They can move and explore but are still in a safe space when unsupervised</p> <p>Also can utilize a pack and play with wheels so you can move it around your house as needed</p>		
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• These are basic recommendations this does not replace what your therapist has told you