



# Jogging Strollers

→ Jogging strollers allow parents to jog or run while pushing their child. These strollers typically have three large wheels, making them easier to turn and a heavier suspension system to make the child's ride smoother. Some jogging strollers convert into bike trailers.

## Parents should be aware of a few concerns about jogging strollers:

- Despite the enhanced suspension systems, they can cause jarring and stress to a young baby's neck and spine.
- Parents could trip and fall, causing the stroller to tip and the child to fall.
- While the parent may feel warm while jogging in cool weather, infants in strollers are not exercising so they may be cold.

## When shopping for a jogging stroller, look for one that has...

- ✓ Deep seat with 5 point harness
- ✓ Three large fixed wheels
- ✓ Hand brake and a foot-operated parking brake
- ✓ Wrist strap
- ✓ Sun shield
- ✓ Back-up locks that prevent sudden folding of the stroller
- ✓ Headrest
- ✓ Fully reclining seat

## When jogging...

- Practice running with a stroller before you take your baby out. Start with a brisk walk then lead up to a run.
- Avoid running in extreme heat or cold.
- Wear good footwear while pushing a stroller - never in-line skates.
- Jog on smooth surfaces away from traffic.
- Run at a pace where you are in control of the stroller.
- Supervise your child at all times he/she is in the stroller.
- Helmets are not required for jogging strollers. If your child does wear one, be sure that the seatback does not force the child's head and helmet forward.

## SAFETY TIPS

- **Use the stroller for walking until your baby is at least 6 months old.** After that you can jog or run.
- Use a *jogging stroller* for jogging and running as regular four wheeled strollers are not safe for these activities.
- Always fasten the child's safety harness.
- Use the wrist strap so the stroller doesn't get away from you.
- To avoid tipping the stroller, do not overload it or hang items on the back.
- If using the stroller with an infant, keep stroller free of extra padding, pillows or blankets as these can cause suffocation.

**FOLLOW MANUFACTURER'S AGE RECOMMENDATIONS AND INSTRUCTIONS**



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