

## Health Notes

### Baby Walkers

by Craft Chiropractic Associates, PC

With only the best intentions, children are placed in walkers. The rationale is often to get babies off the floor so they can look around, see things and explore. The insult to the infant's developing spine begins. The baby now is sitting for too long of a time on a developing sacrum and lumbar spine. Remember your mother telling you not to make your little brother or sister sit too soon? It is our opinion that this will cause compression on these tender joints and compromise proper development.

Infants who use walkers for extended periods tend to avoid crawling when possible and, even worse, tend to skip this important development stage all together. Crawling helps the baby form its natural and gentle spinal curves. These curves provide the support that our skeleton needs. Also, research has shown that the crawling pattern provides the proper neurological communication between the two brain hemispheres. Many learning disabilities can be traced to miscommunication between these hemispheres.

Watch the babies' feet and legs as they propel themselves while sitting in a walker. They usually develop a "pigeon toe" type of method. This places undue stress on the developing joints of the feet, knees, hips, pelvis, and again, the lumbar spine. Due to the development of faulty walking patterns, this child will grow to develop a close relationship with both their chiropractor and podiatrist.

If this isn't enough to make you give your baby walker to your in-laws, think about these facts:

- Baby walker injuries are the third most common cause of injury in infants from 7-14 months.
- 88% of baby walker injuries were caused by a fall down stairs.
- A 1993 study revealed that in one year an estimated 27,800 injuries requiring treatment resulted from the use of baby walkers, most victims being under 2 years of age.
- 5% of injuries were burns... pulling things off the stove.
- Tipovers led to 29% of injuries such as: skull fractures, concussion, intra-cranial hemorrhage, cervical spine fracture, and even death. ❖

## Letters

To the Editor:

I love the idea [of your E-group] at <http://groups.yahoo.com/group/Wawarsing/> but I just wish more people from within the community were taking advantage of the assets the *Chamber* has provided its citizens. This is a great forum for those within the community to get their words, and opinions out. This is great for many businesses as well; I just hope all get involved and make this project a complete success. Good luck to the *Chamber*, and I hope you all start informing the public of this awesome tool you are providing the community with.

This is such an awesome asset, and I can't believe more chamber members aren't signed up yet. This site has a chat room, which would be great for local people to use, to get their opinions and ideas out in a public forum, and receive some feedback. The chat room would also be great for shooting the proverbial breeze at night. It will only work if more people sign up and use it.

Maybe each month, the magazine could hold a poll, such as what do you think Ellenville needs the most: a night life, street lighting, or incoming corridor rejuvenation. Then post poll results in the following issue. It will only work if more people know of this site, and sign on to use it. Congratulations again.

Bob DeBuila  
Ellenville  
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PS: The site really could help local leaders to see what the people really want and need. I have recently moved here, and don't get out too often, but I do love this glorious little village, especially in the daytime. The views are spectacular.

Bob:

*Thanks again. By the way, the Wawarsing.Net E-group is NOT JUST for Chamber members! ALL persons are welcome to join the Wawarsing.Net Yahoo group listserv and site.*

*THERE IS a Yahoo site set up JUST for Chamber members, too, at <http://groups.yahoo.com/group/EWCOC/> but THAT site is, so far, even less populated. This IS a great tool that the Chamber members should use, too.*

Editor

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