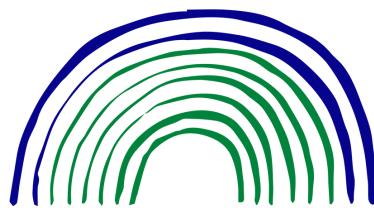




# This or That



Milestones At Play  
PHYSICAL THERAPY & WELLNESS

A helpful baby gear and container guide to ensure ongoing gross motor development while preventing plagiocephaly, or flat head.

It'll also save you money!

Created by Dr. Amie, PT, DPT  
Pediatric Physical Therapist and  
Owner of Milestones At Play  
Physical Therapy & Wellness.

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## Carrier or Baby Wearing



## Swing



Why: An inclined surface, like a swing, will encourage baby's head to fall to one side, increasing the risk for neck/trunk tightness and a flat spot. Surprisingly, exacerbate reflux. Swapping for a baby carrier will still provide a safe space, the soothing movement, and decrease the risk of a flat head.

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## Prop-a-pillar or Playmat



### Bouncer



Why: An inclined surface can increase the risk for a flat head if your child has a side preference AND a bouncer can result in muscle asymmetries and a preference for arching backward. Swapping for the Prop-a-Pillar for a seated activity or activity mat for side, back, or tummy play will not only allow your child to move freely in a safe environment, but it will also work to prevent a flat head and keep your baby on track with gross motor milestones.

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## Boppy Pillow or PlayNest



## Infant Seats

Why: Infant Seats can restrict baby's movement and ability to develop muscles needed to sit. They also have narrow, bucket-like seats and small leg openings that can stress the hips and encourage poor posture, or a rounded back. Swapping for a Boppy pillow around their waist or the PlayNest let baby learn to sit independently and safely.

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## Infant Loungers

## Foam Tiles or Play Pen + mat



**Why:** Infant loungers are known to limit baby's ability to turn their heads and roll. Because of this it increases the risk of a flat spot and neck tightness.

Swapping for foam tiles, a blanket, rug, or wipeable play mat is a perfect alternative to provide free play on their backs, side, or tummy. If you need to keep baby in a secure space, away from other children or dogs, try a Playpen.

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## Exersaucer



## Jumpers



Why: Infant Jumpers can be so much fun yet they can be counterproductive when it comes to development. Can lead to a preference for toe walking, decreased trunk stability, frequent arching, and delayed standing.

Swapping for an exersaucer is a great alternative to protect baby's hips and decrease potential for impaired movement patterns.

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Baby walker

## Push Toys



Why: Baby walkers that have a sling seat are similar to the jumpers. They do not help your baby learn to walk sooner AND can lead to a preference for toe walking, decreased trunk stability, balance, control, and decreased confidence. Swapping for a push toy, large box, large activity cube, or laundry hamper will teach your baby how to support their own weight in standing. It also encourages lowering to sit and pulling to stand, both necessary skills when learning to walk.



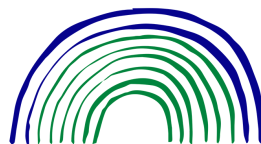
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Swapping baby gear that contains a baby and limits movement for a space that is safe and encourages independent play will set your baby up for gross motor success, decrease the risk torticollis, plagiocephaly, and gross motor delays.

This list is to be used as a guide. Baby gear and containers can be used in moderation if used with intention. Aim for less than 2 hours per day to ensure your child has ample opportunities to move and explore their environment.

For questions or concerns email  
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