

Skip the Jolly Jumper/Exersaucer

- **Babies develop skills in order. They need to master certain skills before they can move on to the next ones.**
- **If used sparingly, with adult supervision, exersaucers can be fun. A FEW (5-10) minutes per day will not harm the baby.**
- **BUT – too much time during this important first year is neither safe nor healthy.**
- **Try to avoid Exersaucers and jolly-jumpers because the infant must rely on outside assistance for support, rather than his own creativity and initiative.**
 - ✧ **Exersaucers, walkers, and jolly jumpers reverse the normal process of development, giving the lower half of the body an ability that the upper half is not ready for.**
 - ✧ **Jolly jumpers/exersaucers don't allow the trunk and body muscles to develop naturally and this can hold back crawling and walking.**
 - ✧ **These devices make babies put their weight on their legs early and often on their tippy toes. Most devices keep their legs spread in an unnatural position.**
 - ✧ **Exersaucer use decreases important playtime on the floor – exploration of the environment enhances cognitive development as well as motor development**