



hippychick
part of the family

THE HIPPYCHICK HIPSEAT



I recommend the HippyChick Hipseat to all parents with young children.'

**Dr Kay Pearce, Chiropractor
(BSc Hons MSc, DC)**

'Our Hipseat is the most useful bit of baby kit we have.'

M Perren, Father

They say the best inventions are often the simplest and this could not be truer when it comes to the **HippyChick Hipseat**. It allows parents to carry children naturally on their hips without the usual strains to the back and has the support and endorsement of scores of chiropractors and osteopaths.

Health benefits

Acts as a back support for the wearer (similar to weight belt/motor cyclists belt/lumbar support) and is a very effective way of redistributing the weight from the neck, spine and shoulders. The more tightly the belt is worn the firmer the support on both counts. The weight is spread around the waist, hips and pelvis and the support comes from under the child rather than weight being borne from above.

Health professionals such as osteopaths and physiotherapists have reservations about long term usage of carriers that require weight to be borne by over the shoulder slings or harnesses. These are very good for very young children but after about 6 months (depending on the weight of the child) they can actively strain the spine and muscles, adversely affecting one's posture and pulling the back out of shape.

'Throughout my career, I've seen patients suffering – often years down the line – from back problems caused by carrying their children perched on their hips. This is exacerbated by the fact that we often prefer to carry on one side and therefore throw the spine out of balance. The Hipseat provides a much better alternative in that the child's weight is distributed evenly around the wearer's body, which should result in a lower incidence of spinal and related problems.'

Stuart Korth, Osteopath

Comfort/Fitting on the Adult

The hard wearing fabric and foam padded seat fit very snugly onto the wearer if correctly fitted. As with anything new it takes a few goes to get it to the position you prefer and where it gives most support. It should be put on with the seat placed above the right hip of the adult. Hold an end in each hand with the belt behind your body, breathe in, and wrap the belt around you, bringing the left hand as far across to the right as possible and then place the right hand end as far to the left side as possible, sticking the velcro together when tight. Then adjust, fasten and tighten the canvas safety strap to support the velcro. Should you wish to carry the child above your left hip, swivel the seat around the front to the left hand side and check that the safety strap is tight enough.

Young Babies (6 months approximately)

Quite a few people have commented on how comfortable and happy their child is, when they are younger, to be carried with their bottom on the seat facing out. The adult has one arm lightly around the child's waist and the child can see what is going on around them.

When sitting astride the hip seat, the child is very comfortable and his or her head is level with the adult's shoulders or chest. The child is automatically drawn to the adult's body by the angle of the seat and he/she is positioned so that they can see what is going on around them as well as being close to the adult's voice and body warmth.

When would people use it?

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| At home | Particularly good for wearing around the house if you have a demanding, grisly or unwell child who may need a lot of comforting. |
| Shopping | Ideal for use on short trips when you do not wish to take the pushchair or pram but need to have some support. |
| School Runs | Excellent for taking the weight off your body whilst marshalling older children from A to B. |
| Beaches/picnics | When you do not want to get bogged down in the sand or short walks stuck in the mud or rough terrain. |
| Fairs/fetes/events public buildings | Where there is a crowd of people or limited space/objects of value and you do not want to be manoeuvring bulky prams or pushchairs. It also enables the child to see the event or spectacle! |
| Travelling | A terrific help at airports/stations/undergrounds etc ... where there are problems with pushchairs and buggies, or crowds in which thieves and pickpockets can operate. The safe inward facing pockets are excellent for storing passports, money and essentials. |

Features

- Suitable for a waist size of up to 48 inches or 120cm, extension available
- Strong, hardwearing fabric
- Super light
- Simple, practical and easy to use
- Inward facing pockets for safe keeping passports, cash, credit cards, car keys etc
- Machine washable

When the child is older you can remove the seat and use it as a bum bag/money belt or simply as a straightforward back support.

