

LISA ROGERS CHARTERED PHYSIOTHERAPIST  
PHYSIO BABY LTD  
Ltd Company No: 9071162  
HCPC: PH61414; CSP: 08098; ACP: 106117



### Instructions for Using the Trunki Toddlepak Harness:

This harness is helpful to children who are already walking independently. It is not used to teach them how to walk, but rather to prevent injury from falling when walking. Use the harness as often as possible to encourage your child to walk as much as possible!

Make sure it fits your child appropriately by adjusting the straps - this may need to be done every time you use it depending on whether your child is wearing a coat or other thick clothing. It should fit snugly but comfortably.

Never use the long rein. This is the single strap with a small loop at the end. If used, children will run far from you and can then fall if you pull back on it.

Use the shorter rein only. Take this rein and wrap it a few times around your wrist so that there is a very small space (a few centimetres) between your child's back and your fist. This will ensure that if your child falls whilst wearing the rein, you are able to "catch" them before they hit the ground. This will stop them injuring themselves, however, we must compensate for this by teaching them to fall safely!

#### Falling Safely:

Use the harness indoors on a soft (ideally carpeted) surface to practice falling! Let them have several opportunities to fall and catch themselves on their hands. You may slow the fall initially until they are "saving themselves" effectively.

Give the harness a child-friendly name, for example, if you purchase the lion harness, call it "Little Lion". Then make it a consistent part of getting ready to go out: "Shoes and socks on, Coat on, Little Lion on!"

Some children don't want to wear a harness initially so spend time first playing with it, putting it on teddy bears, siblings, yourself! Only when you are sure they like it, start making them wear it!