



Parent Tips & Hints

Clothing – Harnesses/Braces

We hope that you might find some of the following suggestions, from other DDH parents helpful.

- *Place a layer of clothing between skin and harness/brace to minimise chaffing. 100% cotton might be a better choice for sensitive skin. Fitted rather than loose garments are less likely to bunch up but loose clothing allow for airflow. Short sleeved top, versus no sleeve, creates barrier between skin and shoulder/chest straps.*
- *Long sleeved, legless body suits with press studs under bottom teamed with leg warmers/socks provides easy access for nappy changes.*
- *All in one body suits that are footless, and have a two way zip work well for nighttime once bub is not needing overnight changes. Two way zip makes necessary nappy changes a bit easier.*
- *Dresses and skirts, 1-2 sizes above current size, cover the harness and brace.*
- *Harem style pants, 1-2 sizes above child's current size, usually fit over harness/brace. Leg warmers underneath provide warmth.*
- *Overalls (with press studs or Velcro on inner leg from one side to other for full opening underneath).*



- *Make sure clothing over harness/brace doesn't squish legs together.*
- *Covers are available for the Correctio to inject some colour.*
- *Pants over the Rhino brace or long leggings rolled back over the Velcro can stop older infants pulling off the brace.*

Disclaimer

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Useful Links

Healthy Hips Australia

www.facebook.com/healthyhipsaustralia

Little Hippie

www.facebook.com/LittleHippie

Silver Lining Pavlik Harness
Baby Clothing

www.silverliningbaby.com

Gold Dust Baby

www.golddustbaby.com.au

Sunny and Lola 'Clicky Kids'

www.sunnylolaclickykids.bigcartel.com

HipTilly

www.hiptilly.com.au

Hip Babes

www.hipbabes.com.au

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