



## BABY CONTAINER GUIDE

For more info, reach out to [www.thefirstparents.com](http://www.thefirstparents.com)





1. ENCOURAGE FLOOR TIME , REDUCE COT TIME

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## 2. A PRAM WHICH HAS ADJUSTABLE SEATING

Don't buy a pram which does not have a stiff cushioned seat as it spoils the posture of the baby. It does not give enough support to sit upright which leads to Slouching.

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### 3. ACTIVITY TABLE ENCOURAGES CORRECT MOVEMENT OF THE BODY. ( SAY NO! TO JUMPERS. )

Yes, you heard it right. Jumping is a stage that comes around 23 months. Jumpers put unnecessary pressure on baby's feet, which is harmful for them.

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#### 4. THE RIGHT CHAIR

Good chair which has a foot rest and is also adjustable to baby's height is ideal to buy. Bad chair which does not have a foot rest and is not good for babies.

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## 5. THE RIGHT POTTY SEAT



This is the ideal potty seat for the baby which helps them to sit independently. It neither requires a footrest, nor it spoils the posture



The well supported feet helps the baby to poop or pee conveniently. And when they sit inclined forward it supports their pelvic muscles.

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## 5. THE RIGHT POTTY SEAT



The feet should always be well rested. And the baby should never sit on the potty seat for more than 2 minutes at a stretch it harms their pelvic muscles.



This is only suitable for kids who are already potty trained. Who can sit independently on this chair and are big enough to rest their feet on the ground. Not suitable for small babies.

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## 6. THE RIGHT PUSH WALKER



A push walker gives your baby the necessary support to stand and walk. It strengthens their muscles and allows them to walk independently without causing any harm to their feet.



Did you know that it is banned in some countries due to safety issues? It interferes in independent walking and standing. It also hampers the hip mobility.

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