

## FOR IMMEDIATE RELEASE

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### **Stroller Strides Encourages Parents to Practice Stroller Safety**

*Tips for keeping your baby safe during National Baby Safety Month and beyond*

**SAN MARCOS, Calif. (Grassroots Newswire) September 11, 2009** -- When it comes to protecting your baby and keeping your little one safe and sound, there's nothing that will stand in your way. So, what would you think if you learned that you may be putting your child at risk each time you put him or her in a stroller?

According to research published in the Pediatric Emergency Care Journal, strollers are a common mechanism of injury for pediatric patients responded to by paramedics. With that in mind, Stroller Strides is recognizing National Baby Safety Month this September by urging parents to practice stroller safety. Stroller Strides owners work with moms, their babies and their strollers on a regular basis, teaching exercise classes that incorporate intervals of strength training, power walking and cardiovascular exercises using the environment and the strollers.

"Strollers are a necessary piece of equipment that allow moms and dads to easily transport their babies," said Lisa Druxman, founder of Stroller Strides. "However, many parents operate them haphazardly and don't realize they can present some dangers when they're not properly used."

Druxman notes that whether a parent is walking with a stroller for exercise or just taking a leisurely stroll, the following tips should be adhered to with care:

- **Buckle Up** – Regardless of how far you're traveling, always make sure to use the safety belt or harness to restrain a child from leaving the stroller. This will also prevent your child from sitting backwards, which can cause the stroller to tip.
- **Put on the Brakes** – Use the stroller's brakes whenever you're stopped, especially if you're facing down a hill. If you must stop on a hill, be sure to turn the stroller's wheels away from the decline.
- **Lock it in Place** – Collapsible strollers need to be fully locked or correctly snapped into the open position before placing the child inside. If you're using a combo stroller,

which includes a bassinet and seat attachment, make sure you hear a "click" when installing these components to the actual stroller.

- **Keep your Bags in Hand** – Strollers can easily tip when subjected to excess weight, so avoid hanging bags on stroller handles. Opt, instead, to store extra items such as a purse or jacket in an under-the-seat basket.
- **Skip Extra Padding** – Never use a blanket or pillows as a mattress in a stroller. Any sort of extra cushioning can be a suffocation risk.

"Parents depend on strollers during a child's early years, so it is important that moms and dads be aware of the hazards they can present," added Druxman. "Fortunately, unnecessary injuries can be avoided with proper caution and care."

Offering fitness classes that also provide enrichment for children, Stroller Strides caters to moms who want to work out with their babies. All that moms need to participate is an hour of time, their baby and their stroller.

"We always practice the utmost in safety standards when exercising with our clients," said Druxman. "Staying in the stroller during the entire time the class is moving is a must at Stroller Strides. Therefore, we consider it a priority to also help parents remember to stay safe when they're out and about with their families."

For more information on Stroller Strides, please visit [www.strollerstrides.com](http://www.strollerstrides.com).

### **About Stroller Strides**

Stroller Strides classes are offered in more than 1,000 locations in the United States and Canada. The hour-long classes emphasize cardiovascular activities and muscle-strengthening exercises using resistance bands and strollers, allowing moms to interact with their babies throughout their workout. To further assist mothers in all aspects of their lives, Stroller Strides partners with Pampers<sup>®</sup>, LUNA<sup>®</sup> and BOB<sup>®</sup>. For more information about Stroller Strides, including class locations, visit [www.strollerstrides.com](http://www.strollerstrides.com).