



# Guide to Selecting a Stroller or Buggy

Assistive technology is a piece of equipment, device or system that provides people with practical solutions to everyday life activities. You can search our National Equipment Database [www.askned.com.au](http://www.askned.com.au) to view a range of products online.

**When selecting a stroller or buggy it is important to consider both the needs of the child and the people who will be responsible for manoeuvring and folding the buggy.**

It is advisable to consult your Occupational Therapist to help in the selection of an appropriate stroller/buggy for your child. Considering your child's needs and the environments of use will help identify the features you will need.

## The needs of your child

- Do they require postural support?
- What style of harnesses do they require?
- How robust must the stroller/buggy be?
- How long will they be spending in the stroller/buggy?
- What activities will be undertaken whilst using the stroller/buggy? I.e., sleeping, mealtimes or taking medication.

## Where and how will the stroller / buggy be used

- Will it be used indoors or outdoors? Will the terrain be uneven?
- Who will be pushing the stroller/buggy?
- Does it need to be transported in a car? Will it fit in the boot?

## Frame

- **Overall size and width:** will it fit where you need to go? E.g., Shopping Centre aisles, public toilets, hallways.
- **Load capacity:** will it cater for the child's weight as they grow?
- **Stability:** avoid anything that will easily tip. Check how stability is affected by adding carry bags or the usual items you would have with the stroller.
- **Folding technique:** how easy it is to fold and lift? Generally, the more supports you require for posture, the more difficult folding will be.
- **Weight:** Lightweight frames are easier to lift and manoeuvre.

# Guide to Selecting a Stroller or Buggy

---

## Wheels

- Larger wheels are easier to handle over uneven terrain and will provide a smoother ride for the child. However, they increase bulk when folded.
- Pneumatic (air filled) tyres absorb impact better than solid tyres. However, pneumatic tyres require regular pumping up and can puncture.
- Stroller/buggies with three wheels are generally more manoeuvrable but are less stable than those with four wheels.

## Seating System

- Some buggies have separate seating system that can be removed from the frame.
- How easy is it to remove the seating system?
- Can the seating system fit onto other bases if required e.g., Hi-Low bases?

## Backrest

- Recline can be used when children are sleeping or resting in the stroller or for a change in position, however, it isn't generally recommended as it disrupts the position of the harness.
- An upright position is needed for engaging in play, communicating, and feeding.
- Check the ease of adjustment and available reclining positions.

## Tilt

- Seat tilt can be useful to change the position of the child to assist with head control, posture, transferring and positioning.
- Can allow the child to sleep or rest.

## Brakes

- Brakes that are linked by a bar need minimal effort.
- Foot brakes reduce bending.
- Ensure they are easy to operate and are visually obvious.

## Harness

- All strollers and buggies must have a harness for support and safety. The operation of the harness needs to be easy to manipulate for the carer but not by the child.



# Guide to Selecting a Stroller or Buggy

---

## Footrest

- Footrests reduce the chance of a child's feet being injured or dragging along the ground. They are also required for posture support.

## Postural Support and Customisation

- Postural supports: Postural supports maybe optional, including head supports, thoracic trunk supports, and pelvic straps and hip guides. Check that these meet the needs of your child.
- Inbuilt adjustability: Some strollers/buggies have in-built growth and adjustability. Seat depth and seat width, footplate height and angle, backrest height, postural supports and recline can often be adjusted.
- Customisation: Some specialized prefabricated seating systems or custom made seating systems can be fitted to some stroller bases.

## Other Considerations

- Is the upholstery easy to remove for cleaning and can it be washed?
- Warranty details and ease of accessing replacements parts.
- Are accessories such as sun canopies, rain covers and under-seat baskets available?



**Indigo has a large range of equipment on display and products available to trial. Our experienced health professionals can provide strategies and advice on the right product for you.**

**Please contact us using the details below for further information or to book an appointment. Appointments can be conducted by phone, email, face-to-face or video call.**

**Did you know Indigo also offer a range of other services? Please ask us when you call, or visit [www.indigosolutions.org.au](http://www.indigosolutions.org.au)**