



Made to Measure V2

Short Statured Parents share the baby products that work well for them and recommend for those expecting their first baby.

Plus toileting aids.

Words of wisdom for Short Statured Parents expecting their first baby.

- Having your first baby is an exciting time for soon to be parents. It can also be an overwhelming time as you try to choose baby items which will work well for your family. To help new parents I have asked some short statured parents what their favourite items are and why, to help parents when making these choices. These are the products they have recommended.



- This is the Joie spin 360 isofix car seat. This car seat can be turned to face the door of the car or towards the interior of the car to help when you are positioning your baby in the seat. It can then be rotated back to the rear facing position and fixed back into place easily. This helps with reach and protects your back. Suitable from birth to four years old. There are other isofix car seats on the market.

- A breastfeeding pillow helps to hold your baby securely while you feed them. The pillow can be fastened so that you can be sure that it will not slip from under your baby. This will help with reach and encourages you to keep your back straighter making breastfeeding more relaxing for both mother and baby. While in hospital, post birth, ask for a lactation specialist to visit you. They will talk about the best positions for feeding and what pillows, chairs and stools to have available.



- The Troll Sunside Bassinette has one side which completely lowers to enable parents to reach the baby easily. This bassinette can also be lowered to a height which works best for parents. Another feature is that it can be placed beside the bed of the parents in a co-sleeping position for easy access when baby wakes during the night



- tad.org.au has created a cot with a sliding gate. This cot was created for parents who are in wheelchairs but would also be a useful feature for short statured parents. Reaching over the gate can be difficult especially once the cot is lowered for a toddler.





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- The Snuz Pod 2 made by Edwards & Co also works as a co-sleeper with zip down sides. This bassinette can be lowered to match your bed height enabling parents to bring their baby into bed with them for feeding and then easily be placed back in the bassinette.

- Many changing tables contain draws which would make them difficult to lower. There are others which have shelves instead of draws which could have the legs shortened by someone handy with a saw. This one from IKEA would be easy to shorten as it comes flat packed and could be altered before putting it together.
- A more versatile idea is to have a changing pad which you can place on any table or bench top or also on the floor. Shown left is the Keekaroo Peanut Diaper Changing Pad which has anti roll sides and a safety strap.



- To help with bath time it helps to have a baby bath with an optional infant position. This leaves both of your arms free and enables easy bathing.
- Another option is a baby shower seat. You can place this on the shower floor and bathe baby while you shower, or you can use this in a larger bath to keep baby secure.
- There are many bathing options available, some of which convert your kitchen sink into a baby bath.



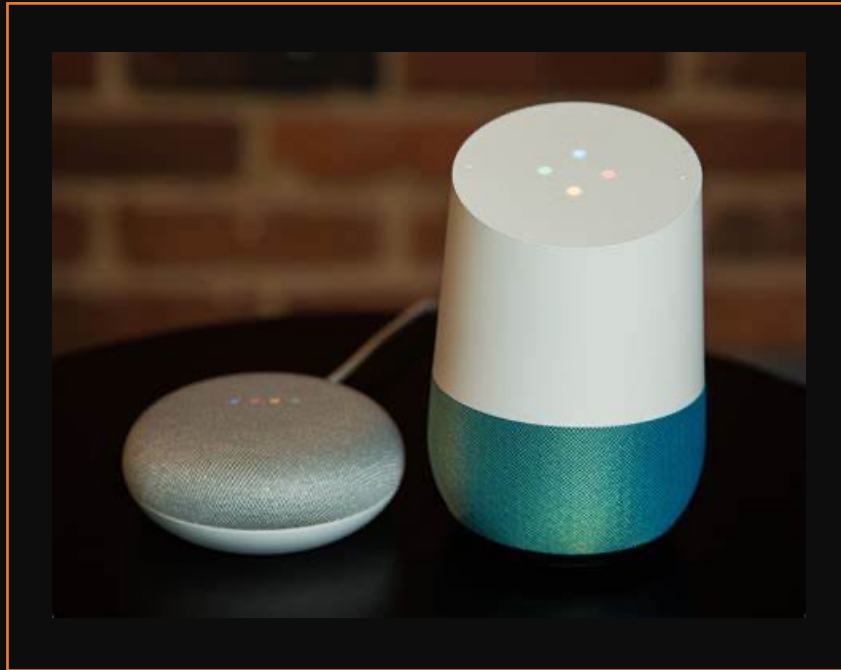


- The Baby Jogger City Tour 2 (shown right) weighs a low 6.5kg. The handle can be lowered to 76cm. This stroller can be used from newborn until 22kg.
- Other recommended strollers and prams are the Bugaboo Fox 2 Pram made by Bugaboo, and the Oscar MX made by Edwards & Co. Both are light weight and have the option of 3 large all-terrain wheels. They can also both be paired with removable bassinets. The removable bassinet can be very useful when visiting family and friends.



- The Britex Flex is another lightweight option. The basic stroller weighs 12kg and a tandem seat can be added when more babies join the family. The stroller features a telescopic handle with eleven different heights available.

With smart houses now accessible to anyone with a smart phone the Phillips Hue lighting system, which pairs with Google Home and Google Mini is an easy way to give your child independence as they can turn on and off any light with just their voice.



- Toilet training can be difficult for any family, but short statured children can need some extra assistance when it comes to toileting.
- Removing clothing
- Getting onto the toilet
- Wiping
- Pulling clothing back up
- Getting down from the toilet
- Here are a few assistive technology items and ideas that can make things easier. Giving our children access to the toilet and keeping them safe while they use it is a concern for us all. Many young children began toileting with a potty. There is a potty shaped like a toilet which can be placed in the bathroom with its own toilet roll holder. There is even a button which makes a flushing sound, and the center can be removed for easy emptying.





- When they progress to a full-sized toilet you may wish to install a family toilet seat. This has both adult and child sized seat. This will help your child feel safe and supported while on the toilet.
- Your child will also require a step to help them climb up onto the toilet. Many people recommend the squatty potty step, though there are many step
- options available.
- Depending on how close your toilet is to walls or other secure hand holds your child may benefit from toilet handles. Throne company also sell a set of handles with attached steps.
- An idea to assist with redressing is to sew pull loops into pants so that they are easier to pull up. You can also buy clothing one size larger to make it easier.

The Children's Hospital at Westmead tells us that on average a short statured child will not begin to wipe their own bottom until nine years of age. To help with reach there are wiping tools available. Wiping Assist Tool www.ebay.com.au



- This is a travel bidet which was recommended at one of the sessions during our 2020 convention. You can have this bidet with you when out and about already filled with water. This would be great to give your child independence at school or while out with friends and family.



- Another option to assist with toileting at home is to install a bidet.
- There are two options, you can have an independent bidet installed, though this will require both the space to install it and significant plumbing work. Or you can update your toilet to one with a bidet function.
- The second option is to have a bidet function installed onto your existing toilet. This Smart Wash & Dry bidet heats the water which would be important in colder areas of Australia, and it has a built-in fan to aid drying. There are many bidets available which can be attached to an existing toilet.

