

# Purchasing a Highchair

With the availability of so many different highchairs, it can be overwhelming to select one that is best for your baby. Below is a list of considerations to guide your purchase. Everyone's needs will be different. Talking with your therapist (if you have one) can help to guide your decision.

## Things to consider

- A high back to support your baby's body and neck all the way to the top of their head
- A curved (not flat) back to provide more support
- Hip and/or shoulder straps to secure your baby in place
- A recline option for babies who have difficulty sitting up on their own
- Adjustable foot support to help your baby maintain a good sitting position
- Large enough to allow room for growth
- Adjustable, curved tray to make it possible to get the tray as close to your baby as possible. This allows your baby to reach the food on the tray and also reduces mess!
- Comfortable padding
- Easy to clean
- Folding option if space is limited. For example:



- Portable if you are travelling. For example:



## Purchasing a Highchair | 2

Optimum features of a good highchair include a high back, either a 3- or 5-point strap system depending on your baby's need for head and trunk support, and devices to prevent tipping and slipping. High chairs lacking these essential features are not safe.

A footrest provides stability which helps the baby feel more secure while sitting in a high chair. Other features, e.g., ease of cleaning or folding for travel, are specific to family needs.

More information is available here:

<https://www.canada.ca/en/health-canada/services/infant-care/high-chairs.html>

### What to do if you're child's highchair doesn't fit properly

It can be difficult to find a high chair that provides the best possible support for your child. Many are made to fit larger children. If your high chair is too large, there are several low-cost ways to modify it for a better fit. See our handout on "Adapting Your Highchair to Fit Your Child" or have a conversation with your therapist.

Note: If you need further support choosing a highchair or seat for your baby, please reach out to your care team.

For 24/7 nurse advice and general health information, call Health Link at **811**.

This material is for information purposes only. It should not be used in place of medical advice, instruction, or treatment. If you have questions, talk with your doctor or appropriate healthcare provider.