



## Newborn hip screening: ensuring healthy hips for your baby.

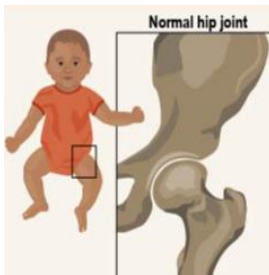
**What is newborn hip screening?** Newborn hip screening is a quick and gentle check-up done within the first three days after your baby is born. It's designed to ensure your baby's hip joints are developing properly.

If your baby is being cared for on a neonatal unit and was born early, this will usually be done after 34 weeks gestation or when they are well enough for the check-up. The neonatal team will discuss this with you.

### What to Expect During the Screening:



The Midwife, Nurse Practitioner or Doctor will ask you for any information about any family members who had hip problems at birth if your baby has been in the breech position (baby was bottom first at birth or in late stages of your pregnancy) or if your baby was a twin or triplet. When some babies are born their hips have not grown properly. If this is not treated then it can cause them to walk with a limp once they start walking and this will require treatment later.



The midwife, nurse practitioner or doctor will gently move your baby's hips (the joint where legs meet tummy) to check your baby's hips have grown properly. This will not hurt your baby.



If there are concerns about your baby's hips, your baby will be offered an ultrasound scan. This takes place between four and six weeks of age. This will not hurt your baby. The scan helps Doctors by looking at your baby's hips using a scan machine. This will be done at your local hospital. If you need help with travel costs please speak to your midwife or health visitor.

### What happens if there is a problem with my baby's hips:

If the scan finds that your baby's hips have not grown properly. A doctor or physiotherapist will see you and talk to you about how we can help your baby. Soft strapping may be required to support your baby's hips to develop into the correct position.



### Tips for Parents:

It is important to attend all ultrasound appointments. The ultrasound helps to confirm if there is a problem with the hips.

When you dress or wrap your baby, it is important to leave room for your baby's hips and knees so they can move easily.

Remember, you're doing a great job! There are plenty of online resources for more information.

**Reassurance for Parents:** Your baby's health and well-being are our top priority. These screenings are just one of the many ways to help ensure your baby to grows up strong and healthy. If you have any concerns or questions, don't hesitate to reach out to your healthcare provider.

Your baby's journey to healthy hips starts with this simple screening. 😊