

Original Research Article

Effectiveness of planned teaching programme on knowledge regarding effects of using baby walker among mothers in selected anganwadis at Kodagu

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ABSTRACT

Background: Learning to walk is one of the first milestones that the baby reaches usually between 6 to 12 months. Baby walker is a device that allows infants to walk independently to travel from one location to another location. The aim is to assess the existing knowledge among mothers, to evaluate the effectiveness of planned teaching programme on knowledge. And to identify an association between the pre-test knowledge score regarding effects of using baby walker and their selected socio demographic variables.

Methods: An evaluative approach, pre-experimental one group pre-test and post-test design with non-probability purposive sampling technique was used. Data collected from 100 mothers attending anganwadi using self-administered structured knowledge questionnaire. Planned teaching program implemented after pretest and post test was conducted after 7 days to find the effectiveness.

Results: In pre-test majority 79% of the mothers had inadequate knowledge, 21% had moderate knowledge. In post-test 11% of mothers had adequate knowledge and 69% of mothers had moderate knowledge with the paired calculated 't' value of 14.39 is greater than table value (t-1.96) at 0.05 level of significance. Socio demographic variables such as gender, father's and mother's education significant regarding effects of using baby walker among mothers.

Conclusions: Study concludes that planned teaching programme was effective teaching method for creating awareness regarding effects of baby walker usage. Hence, study recommends to conduct with different design and sampling method was uncertain.

Keywords: Effectiveness, Knowledge, Planned teaching programme, Mother, Effects of baby walker usage

INTRODUCTION

Health is a complex phenomenon. The world health organization defined health as "a state of complete physical, mental, and social well-being and not merely the absence of disease".¹ Growth and development derived from "maturation and learning". The growth and development of the human organism is a continuous

process that begins before birth, each stage depends upon the preceding stages.

So, growth and development are an essential feature of life of a child. Learning to walk is one of the first milestones that the baby reaches usually between 6 to 12 months. A lot of kids start crawling and pulling themselves off with support before they start walking. To

walk, the baby needs to have many skills including balances, coordination, standing up and being able to support their body weight from one leg to other leg. Babies learn new skills by relaying on the skills he or she has learnt previously. Most babies go through the following phases before learning how to walk, rolling on the floor, sitting, crawling, creeping, pulling themselves up to stand, moving around furniture or other stationary objects. The aforementioned list clearly shows how important it is for the baby to have constant contact with the floor in order to learn and practice these above activities. Using a baby walker can actually impede child learning outcome due to the lack of time he or she gets after being restricted on the walker.²

Need for the study

Injuries are the leading cause of death in children under age 1 year, are responsible for more deaths and disabilities in children among all age groups. According to American academy of paediatrics (AAP), in 1999 an estimated 8800 children younger than 15 months were treated in hospital emergency departments in the United States for injuries associated with infant baby walkers.³⁻⁸ Injuries data base, countries in Europe in 2002 to 2007 showed that more than 90% of infants using baby walkers where head injuries, 31% of those affected by brain injuries, 35% had skull injuries.^{8,9} Rate of injuries due to use of baby walker between 1990 and 2014 there were an average of 2,30,000 injures due to walkers with most injuries being head trauma, burns, poisoning, pinched finger or toes, drowning from falling into a pool or toilet, suffocation from neck being compressed against the feeding tray.¹⁰ The possible developmental delay can be discussed from two aspects. First, they provide precocious locomotion in infants which may interfere with natural process, that an infant needs to take develop. Second, they prevent visual experience of moving limbs because of their design believed to have a critical role in development of motor system.

Objectives of the study

Objectives of the study were to assess the existing knowledge regarding effects of using baby walker among mothers; to evaluate the effectiveness of planned teaching programme on knowledge regarding effects of using baby walker among mothers; to identify an association between the pretest knowledge regarding effect of using baby walkers among mothers and their selected socio demographic variables.

Hypotheses

H1

There will be a significant increase in the mean post-test knowledge scores of mothers in selected anganwadis at Kodagu regarding effects of using baby walker.

H2

There will be a significant association between pretest knowledge scores regarding effects of using baby walker and the selected socio demographical variables among mothers in selected anganwadis at Kodagu.

Research variables

Independent variable

Planned teaching programme on knowledge regarding effects of using baby walker.

Dependent variable

The knowledge of mothers was considered the dependent variable in the study.

Socio demographic variables

Age, gender, type of family, religion, father's educational status, mother's educational status, father's occupational status, mother's occupation status, family income per month, age of the child between 4-12 months, use of baby walker, source of information, age of child using baby walker, injury related to baby walker.

METHODS

Research approach

An evaluative approach was considered as appropriate research approach for the present study.

Research design

A pre experimental one group pre-test and post-test design used to conduct study.

Setting of the study

This study was conducted in selected anganawadis at Kodagu.

Sample and sampling technique

The sample of this study comprised of 100 mothers in selected anganwadis at Kodagu and non-probability purposive sampling method was used to draw the sample.

Criteria for selection of sample inclusion criteria

Mothers having child between the age of 4-12 months. Mothers who are available and willing to participate in the study in selected anganwadis at Kodagu mothers who are able to read Kannada or English.

Exclusion criteria

Mothers who are not willing to participate in the study mothers who are not able to read Kannada or English.

Development and selection of the tool

The tool used for the study comprised of a self-administered structured knowledge questionnaire and planned teaching programme on knowledge regarding effects of using baby walker.

Description of the tool

In the present study the following tools were used.

Section-I

Consist of 14 items related to socio demographic data of the subjects such as age, gender, type of family, religion, father's educational status, mother's educational status, father's occupation, mother's occupation, family income, age of the child between 4-12 months, Use of baby walker, source of information, age of child using baby walker, injury related to baby walker.

Section-II

Self-administered structured knowledge questionnaire consisted of 30 items on knowledge regarding effects of using baby walker This section of the tool is further divided into 5 parts.

Data collection procedure

After obtaining consent from the Dean and Director, Principal, KOIMS GCON Madikeri. The study was conducted from 1/10/2024 to 30/10/2024. The pre-test was conducted to 100 mothers in selected anganawadis at Kodagu, by using self-administered structured knowledge questionnaire approximately 45 minutes were spent for collecting data.

The investigator gathered mothers in a comfortable room and conducted PTP. After 7 days post-test was given with the same self-administered structured knowledge questionnaire. Each subject took about 45 minutes to complete the post test. All the participants co-operated well with the investigator in both pre-test and post-test. The data collection process was terminated by thanking the mothers.

RESULTS

Section I: distribution of mothers according to demographic variables

Findings related to samples characteristics

According to age, distribution shows that total percentage of all mothers were between age group of 31- 40 (100%)

years. According to type of family, majority of mothers were belonging to joint family (51%).

According to religion, majority of mothers belongs to Hindu religion (63%) while considering the father's education, majority of fathers qualified with high school education (38%) while considering mother's education, majority of mothers qualified with PUC and above education (34%) while considering the father's occupation, majority of fathers occupation was labour (44%).

According to mother's occupation, majority of mother's occupation was labour (38%). According to family income, majority of family income is 10000-30000 (35%).

According to mothers' number of child, majority of mothers had one child (98%). According to baby walker usage, majority of mothers using baby walker in home (52%).

According to source of information, majority of mothers (57%) are not having knowledge effect of using baby walker. According to age at the child use baby walker, majority of using baby walker at the age of 6-7 months (31%) months. According to injuries related to use of baby walker, Majority (52%) of babies are injured by using baby walker.

Section II: knowledge of mothers regarding effects of using baby walker in pretest and post test

Indicates that classification of mother knowledge by pretest and post-test knowledge scores level. Pre-test result shows that 79% of mothers had inadequate knowledge regarding effects of using baby walker. The post test result shows that 69% of mothers gained moderate knowledge, 20% of mothers had inadequate knowledge and the remaining 11% of mothers got adequate knowledge about effects of using baby walker.

Section III: comparison of pre-test and post-test knowledge regarding effects of using baby walker

It depicts that the pretest mean knowledge score was 41.26% and the post-test value was 60.9% mothers having knowledge regarding effects of using baby walker with enhancement of 5.89% with paired 'P' test value of 14.394 and it is significant at 5% level.

Section IV: association of pre-test knowledge scores of mothers with selected demographic variables

Age

Shows that the obtained value ($\chi^2=0.252$) and it is >table value that is 'P' value ($\chi^2=0.882$) there is no significant association between the knowledge score and age at 0.05 level of significance, hence research hypothesis is rejected.

Gender

Shows that the obtained value ($\chi^2=6.355$) and it is < table value that is 'P' value ($\chi^2=0.012$) so there is significant association between the knowledge score and gender at 0.05 level of significance, hence research hypothesis is accepted.

Family type

Shows that the obtained value ($\chi^2=3.066$) and it is >table value that is table value that is 'P' value ($\chi^2=0.216$) so

there is no significant association between the knowledge score and family type at 0.005 level of significance, hence research hypothesis is rejected.

Religion

Shows that the obtained value ($\chi^2=3.219$) it is >table value that is 'P' value ($\chi^2=0.359$) so there is no significant association between the knowledge score and religion at 0.05 level of significance, hence research hypothesis is rejected.

Table 1: Distribution of mothers according to demographic variables.

Variables	Frequency (N)	Percentage (%)
Age (years)		
21-30	37	37.0
31-40	56	56.0
41-50	7	7.0
Total	100	100
Gender		
Male	43	43.0
Female	57	57.0
Total	100	100
Family type		
Nuclear family	42	42.0
Joint family	51	51.0
Extended	7	7.0
Total	100	100
Religion		
Hindu	63	63.0
Muslim	29	29.0
Christian	5	5.0
Others	3	3.0
Total	100	100
Father's educational status		
Primary school	24	24.0
High school	38	38.0
Secondary school	18	18.0
PUC and above	20	20.0
Total	100	100
Mother's educational status		
Primary school	20	20.0
High school	30	30.0
Secondary school	16	16.0
PUC and above	34	34.0
Total	100	100
Father's occupational status		
Government sector	7	7.0
Private sector	14	14.0
Self-employment	35	35.0
Laborer	44	44.0
Total	100	100
Mother's occupational status		
Government sector	12	12.0
Private sector	16	16.0

Continued.

Variables	Frequency (N)	Percentage (%)
Self-employment	34	34.0
Laborer	38	38.0
Total	100	100
Income		
> Rs. 10000	27	27.0
Rs. 10000-3000	35	35.0
Rs. 30000-60000	21	21.0
Rs. 60000 and above	17	17.0
Total	100	100
Number of children in the family		
01	98	98.0
02	2	2.0
Total	100	100
Using baby walker in home		
Yes	52	52.0
No	48	48.0
Total	100	100
Source of information		
News paper	7	7
Television	25	25
Magazines	11	11
No knowledge	57	57
Total	100	100
Age at the child use baby walker (months)		
6-7	1	31
8-9	31	31
10-11	24	24
12-18	14	14
Total	100	100
Injuries related to baby walker		
Yes	52	52
No	48	48
Total	100	100

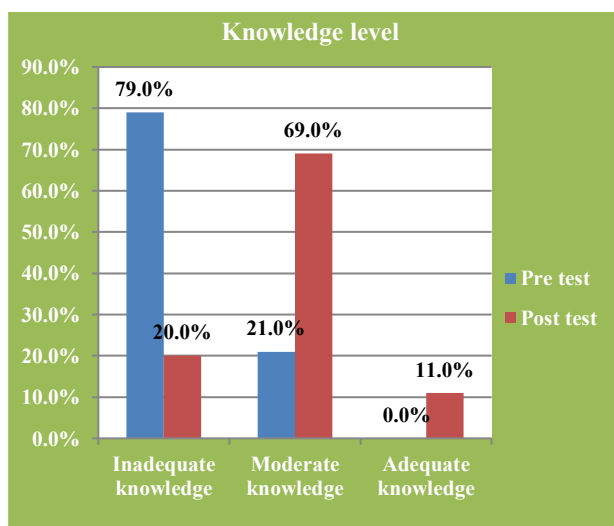


Figure 1: Pre-test and post-test knowledge level of mothers (n=100).

Father's educational status

Shows that the obtained value ($\chi^2=7.898$) it is <table value that is 'P' value ($\chi^2=0.048$) so there is a significant association between knowledge score and education of father at 0.05 level of significance, hence research hypothesis is accepted.

Mother's educational status

The obtained value ($\chi^2=5.520$) and it is >table value that is 'P' value ($\chi^2=0.137$) so there is no significant association between the knowledge score and education of mothers at 0.05 level of significance, hence research hypothesis is rejected.

Father's occupational status

Shows that the obtained value ($\chi^2=3.633$) and it is >table value that is 'P' value ($\chi^2=0.304$) so there is no significant association between the knowledge score and

occupation of father at 0.05 level of significance, hence research hypothesis is rejected.

Mother's occupational status

The obtained value ($\chi^2=1.277$) and it is $>$ table value that is 'P' value ($\chi^2=0.735$) so there is no significant association between the knowledge score and occupation of mother at 0.05 level of significance, hence research hypothesis is rejected.

Annual family income

Shows that the obtained value ($\chi^2=1.180$) and it is $>$ table value that is 'P' value ($\chi^2=0.758$) so there is no significant association between the knowledge score and income at 0.05 level of significance, hence research hypothesis is rejected.

Number of children

Shows that the obtained value ($\chi^2=2.396$) it is $>$ table value that is 'P' value ($\chi^2=0.122$) so there is no significant association between the knowledge score and number of children at 0.05 level of significance, hence research hypothesis is rejected.

Using baby walker

Shows that the obtained value ($\chi^2=1.530$) it is $>$ table value that is 'P' value ($\chi^2=0.216$) so there is no significant association between the knowledge score and using baby walker at 0.05 level of significance, hence research hypothesis is rejected.

Source of information

Shows that the obtained value ($\chi^2=0.844$) it is $>$ table value that is 'P' value ($\chi^2=0.839$) so there is no

significant association between the knowledge score and using baby walker at 0.05 level of significance, hence research hypothesis is rejected.

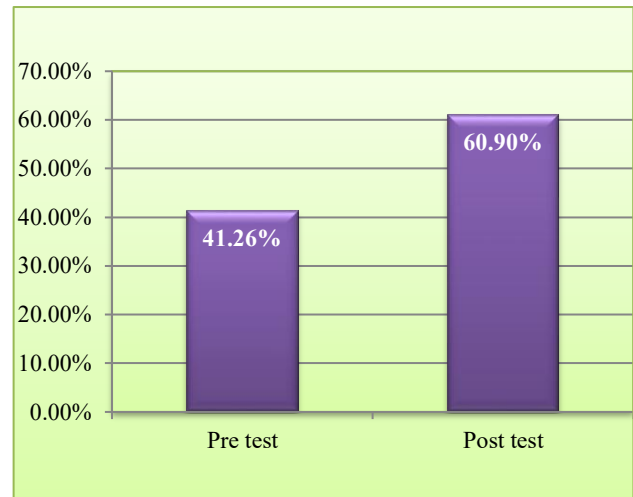


Figure 2: Distribution of pre-test and post-tests knowledge scores.

Age of the child using baby walker

Shows that the obtained value ($\chi^2=0.655$) it is $>$ table value that is 'P' value ($\chi^2=0.884$) so there is no significant association between the knowledge score and age at child using baby walker at 0.05 level of significance, hence research hypothesis is rejected.

Injuries related to using baby walker

Shows that the obtained value ($\chi^2=0.018$) it is $>$ table value that is 'P' value ($\chi^2=0.894$) so there is no significant association between the knowledge score and injuries related to baby walker at 0.05 level of significance, hence research hypothesis is rejected.

Table 2: Association of pre-test knowledge scores of mothers with selected socio demographic variables (n=100).

Variables	Below median	Median and above	Chi square	DF	P value (0.05)	Inference
Age (years)						
21-30	16	21	0.252	2	0.882	NS
31-40	27	29				
41-50	3	4				
Gender						
Male	26	17	6.355	1	0.012*	S
Female	20	37				
Family type						
Nuclear family	20	22	3.066	2	0.216	NS
Joint family	25	26				
Extended	1	6				
Religion						
Hindu	32	31	3.219	3	0.359	NS
Muslim	11	18				
Christian	1	4				

Continued.

Variables	Below median	Median and above	Chi square	DF	P value (0.05)	Inference
Others	2	1				
Father's educational status						
Primary school	9	15	7.898	3	0.048	S
High school	24	14				
Secondary school education	5	13				
PUC and above	8	12				
Mother's educational status						
Primary school	8	12	5.520	3	0.137	NS
High school	19	11				
Secondary school education	7	9				
PUC and above	12	22				
Father's occupational status						
Government sector	5	2	3.633	3	0.304	NS
Private sector	8	6				
Self-employment	13	22				
Laborer	20	24				
Mother's occupational status						
Government sector	5	7	1.277	3	0.735	NS
Private sector	6	10				
Self-employment	15	19				
Laborer	20	18				
Annual family income						
>Rs. 10000	14	13	1.180	3	0.758	NS
Rs. 10000-3000	16	19				
Rs. 30000-60000	10	11				
Rs. 60000 and above	6	11				
Number of children						
Yes	44	54	2.396	1	0.122	NS
No	2	0				
Using baby walker						
Yes	27	25	1.530	1	0.216	NS
No	19	29				
Source of information						
News paper	4	3	0.844	3	0.839	NS
Television	11	14				
Magazines	4	7				
No knowledge	27	30				
Age of the child while using baby walker (months)						
6-7	16	15	0.655	3	0.884	NS
8-9	13	18				
10-11	11	13				
12-18	6	8				
Injuries related to using baby walker						
Yes	9	10	0.018	1	0.894	NS
No	7	10				

DISCUSSION

The findings of the study are discussed under the following headings. The major findings of the study were summarized as follows.

Age

Majority of the mothers who are having infants falls between the ages group of 4-12 months. The study is supported similar study conducted to assess the effects of baby walker on child development. Baby walker is

known as fun entertaining equipment used for infants between 4-12 months. Another similar study conducted between January 9, 2021, and January 31, 2021 a self-administered questionnaire was distributed through online means we included all families living in Riyadh who have at least one child that is older than 4 months and younger than 12 months.¹⁸

Type of family

Majority 51% of mothers are belonging to joint family; 42% mothers are belonging to nuclear family and 7% belongs to extended family.

Religion

Majority of mothers 63% are Hindus, 29% Muslim, 5% Christian and remaining 3% others.

Father's educational status

Majority of 38% of fathers had high school education, 24% were studied up to primary school education, 20% were studied up to PUC and above and 18% found to be secondary school education. Another similar study shows that majority of 131 father's education were secondary education, 52 of father's education were primary education.²⁵

Mother's educational status

Majority 34% of mothers had PUC and above education, 30% were studied up to high school education, 20% were studied up to primary school education and 16% were found to be secondary school education. Another similar study shows that majority of 126 mother's education were secondary education, 59 of father's education were primary education.²³

Father's occupational status

Majority 44% of fathers were labourer, 35% of them self-employed, 14% private sector and remaining 7% were government sector.

Mother's occupational status

Majority 38% of mothers were labourer, 34% of them self-employed, 16% private sector and remaining 12% were government sector. Another similar study shows that majority of 93 mothers were working women, 92 of mother's were house wife.²⁵

Family income per month

27% of them were having monthly family income less than Rs.10000, 35% were found between Rs. 10000-30000, 21% were found between Rs. 30000-60000 and remaining 17% of had family income between Rs. 60000 and above.

Number of children in family

Majority 98% of mothers had one child and remaining 2% mothers had two children.

Using baby walker in home

Majority 52% of mothers are using the baby walker and remaining 48% are not using the baby walker.

Source of information

Majority 57% of them not having information regarding baby walker, 25% had information through television, 11% had information through magazines and remaining 7% had information through newspaper. Another similar study conducted on child screen time in Saudi Arabia cross sectional study the analysis revealed that 292 participants (22.3%) agreed that baby walker should never be used, while the majority (77.7%) believed they should be used. The most common source of this information were family and friends, followed by the internet and medical personnel.¹⁸

Age of the child while using baby walker

Majority 31% of children belongs to 6 to 7 months and 8-9 months, 24% of them are belongs to 10-11 month and 14% of children belongs to 12-18 months using baby walkers.

Injuries related to using baby walker

Majority 52% of children were associated with injuries, 48% of them were risk for injuries related to using baby walker.

Knowledge of mothers regarding effects of using baby walkers

In the present study at pretest majority of 79% of the mothers have inadequate knowledge and 21% of the mothers had moderate knowledge regarding effects of using baby walker.

Whereas in post-test 69 % of mothers gained moderate knowledge, 11% of mothers had adequate knowledge about effects of using baby walkers. Another similar study conducted on child screen time in Saudi Arabia cross sectional study the analysis revealed that 292 participants (22.3%) agreed that baby walkers should never be used, while the majority (77.7%) believed they should be used.¹⁸

Association of pre-test knowledge scores of mothers with selected socio demographic variables

In this study type of family (0.216*), child father's education (0.048*) is associated with pre-test knowledge scores. whereas mother's education (0.137 NS), child

father's occupation (0.304 NS), mother's occupation (0.735 NS), number of children (0.122 NS), information through mass media (0.839 NS), family income per month (0.758 NS) is not associated with pre-test knowledge scores of mothers regarding effects of baby walker at 0.05 level of significance.

Limitations

The study is limited only to mothers who are having child between the age 4-12 months. The study did not use control group. Only a single domain that is knowledge is considered in the present study. The sample for the study was limited to 100 mothers.

CONCLUSION

Study concludes that planned teaching programme mean pre-test scores of child mothers was 11.8 and SD was 3.360 after administration of planned teaching programme mean post test scores of child mothers was 19.4 and SD was 3.062. The post-test knowledge scores of child mothers increased significantly after administration of planned teaching programme on effects of using baby walker the overall mean difference between pre-test score to post test score is significant with 't' value 5.765*. It indicates that planned teaching programme was effective teaching method to enhance the knowledge of mothers.

Nursing implications

The main aim of the present study is to educate the mothers regarding effects of using baby walkers. The study revealed that there are gaps in knowledge of mothers regarding effects of using baby walker.

Nursing practice

Nurses can educate parents about the potential risk's association with baby walker, including falls and developmental delay. They can also provide guidance on alternative methods for promoting infant mobility and exploration.

Nursing education

It involves teaching future nurses about the potential risk and complications associated with their use. Nursing students can learn about the developmental impact of baby walker on infants, including potential delays in motor skills.

Nursing administration

The implication of baby walker involves implementing policies and procedures to ensure the safety of infants in healthcare settings.

Nursing research

As a nurse researcher, it extends to understanding how baby walkers impact a child physical and cognitive development as well as their safety and risk of injury. Nurses might also explore the role of parental education in using baby walker.

Recommendations

On the basis of the findings following recommendations have been made: a replication of present study can be conducted with a larger population as a descriptive study including additional demographic variables.

Manuals and information booklets may be developed to enhance knowledge regarding effects of use of baby walker. A study can be conducted by research study is recommended to be conducted in different teaching strategies like, work shop, seminar, role play, pamphlets, booklet etc.

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Conflict of interest: None declared

Ethical approval: The study was approved by the Institutional Ethics Committee

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