BABIES **NEED** TO BE CARRIED AND *thrive* WHEN THEY ARE CARRIED

If you would like further advice on how to carry well and carry safely, visit **www.slingpages.co.uk** to find your local sling library or consultant.

CARRYING IS GOOD FOR YOUR BABY

Promotes close bonding and secure attachment - vital to physical and emotional health.

Reduces crying, eases the discomfort of reflux and makes colic more manageable.

Assists with breathing, heart rate and temperature regulation.

Gives a greater sense of security and confidence, helping baby to feel safe and calm.

Assists with breastfeeding.

Reduces "flat head syndrome".

CARRYING IS GOOD FOR YOUR FAMILY

Assists with bonding and can help parents feel more confident.

Promotes and prolongs breastfeeding relationship.

Can reduce postnatal depression and anxiety.

Allowes greater freedom out and about and makes it much easier to access shops and public transport.

Allows you to get on with your daily tasks hands-free whist keeping your little one happy and safe.

Allows you to spend time with your other children while keeping baby close.

The T.I.C.K.S. Rule for Safe Babywearing

Keep your baby close and keep your baby safe. When you are wearing a sling or carrier, don't forget the **T.I.C.K.S.**



- ✓ TIGHT
- ✓ IN VIEW AT ALL TIMES
- ✓ CLOSE ENOUGH TO KISS
- ✓ KEEP CHIN OFF CHEST
- ✓ SUPPORTED BACK

TIGHT - Slings and carriers should be tight enough to hug your baby close to you as this will be most comfortable for you both. Any slack/loose fabric will allow your baby to slump down in the carrier which can hinder their breathing and pull on your back.

IN VIEW AT ALL TIMES - You should always be able to see your baby's face by simply glancing down. The fabric of a sling or carrier should not close around them so you have to open it to check on them.

CLOSE ENOUGH TO KISS - Your baby's head should be as close to your chin as is comfortable. By tipping your head forward you should be able to kiss your baby on the head or forehead.

KEEP CHIN OFF CHEST - A baby should never be curled so their chin is forced onto their chest as this can restrict their breathing. Ensure there is always a space for at least a finger width under your baby's chin.

SUPPORTED BACK - In an upright carry, a baby should be held comfortably close to the wearer so their back is supported in its natural position and their tummy and chest are against you. If a sling is too loose they can slump which can partially close their airway. (This can betested by placing a hand on your baby's back and pressing gently - they should not uncurl or move closer to you). Babies should never be folded in half in

www.babyslingsafety.co.uk. Thanks to UK Sling Consortium.





For further reading please visit: www.carryingmatters.co.uk

the slina.





A VERY YOUNG CHILD IS SAFEST CARRIED ON YOUR FRONT

SAFETY BASICS

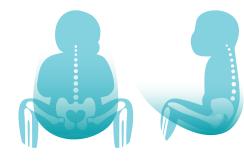
YOUR CHILD MUST BE ABLE TO BREATHE SAFELY IN THE SLING This is to ensure you can see and sense them at all times. This will help you be aware of any changes and able to quickly respond.

Their chest should be snugly resting against your body with no slumping. Their back should be supported in a gentle J shape (tucked pelvis, aligned spine and neck) to keep the airway open and the chin off the chest (a good guide is a space one finger-width or more).

Carrying your child can be a wonderful experience when done well and comfortably







M Shape (small baby)

J Shape (small baby)

M Shape (child)

J Shape (child)

CARRY YOUR CHILD IN THE SPREAD-SQUAT/M-POSITION

ENSURE YOUR CHILD DOES NOT OVERHEAT WHILE IN THE SLING

DON'T FORGET TO ALWAYS USE YOUR COMMON SENSE!

A child whose bottom and legs are well supported from knee to knee in a "spread-squat" or "M position" is likely to be more comfortable. It is better for their growing hips, and more supportive for parents.

Ensure your child's temperature is appropriate; slings behave as extra layers and babies can overheat in too many clothes.

Make sure your sling or carrier is fit for use: of good quality, in good condition, adjusted appropriately and securely tied or fastened. Only use carriers that are appropriate for your baby's age and weight.

Be aware of any objects your child can reach, particularly anything hot or sharp, and exercise caution when near open flames.

Avoid strenuous or jolting activities when carrying that could cause damage to your baby's neck or spine. Equally, avoid lying down when carrying and do not fall asleep with your baby in the sling. Do not operate machinery, drive a vehicle or ride a bike when using a sling.

CARRYING CONNECTION

Always remain aware of and responsive to your baby's needs for safety and comfort as well as your own.