

SLING SAFETY

Four key areas to watch



Breathing



- ✓ Make sure baby is able to breathe
- ✓ Keep nose and mouth uncovered
- ✓ Keep baby tight with chin up
- ✓ Keep baby high up on chest
- ✗ DO NOT have any pressure behind head
- ✗ DO NOT cover face with fabric

Clothing

- ✓ Dress baby lightly
- ✓ Add layers over sling if cold
- ✓ Monitor baby's temperature
- ✓ Keep dry & hands/feet warm
- ✓ Protect skin from sun
- ✗ DO NOT overdress
- ✗ DO NOT have fabric near face

Sleeping



- ✓ Baby must sleep upright facing you
- ✓ Keep face uncovered
- ✓ Tighten carrier if baby is slumping
- ✗ DO NOT let baby sleep facing world
- ✗ DO NOT fall asleep yourself



Feeding



- ✓ Keep checking your baby can breathe
- ✓ Always keep one hand on baby
- ✓ Move baby back to a high upright position after feed or take out of sling
- ✗ DO NOT have any fabric behind head
- ⚠ TAKE MORE CARE IF BABY UNWELL

Ask for help

Visit your local sling library for support with fit and comfort



For more information and free resources on Sling Safety and different types of carriers, visit www.carryingmatters.co.uk

