

SLING SAFETY

Four key areas to watch



Breathing

- ✓ Make sure baby is able to breathe
- ✓ Keep nose and mouth uncovered
- ✓ Keep baby tight
- ✓ 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

