

SLING SAFETY

Four key areas to watch



Breathing

- ✓ Make sure baby's airway is clear
- ✓ Keep nose/mouth uncovered & chin up
- ✓ Keep baby tight to avoid slumping
- ✓ Keep baby high up on chest and in sight
- ✓ Good position matters (J and M shape)
- ✗ Carrier must **NOT** be too tall
- ✗ DO NOT have any pressure behind head
- ✗ DO NOT cover face with fabric



Sleeping

- ✓ Baby must sleep upright facing you
- ✓ Keep face uncovered
- ✓ Monitor airway often, check position often
- ✓ Tighten carrier if baby slumping/slipping
- ✗ Soft hood must **NOT** press back of head
- ✗ 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
- ✓ Head must be free to move at all times
- ✓ Move baby back to a high upright position after feed or take out of sling
- ✗ DO NOT HAVE ANY fabric behind head
- ✗ Feeding is **NOT** HANDS FREE
- ⚠ TAKE MORE CARE IF BABY UNWELL

Clothing

- ✓ Dress baby lightly to avoid overheating when walking
- ✓ Add removable layers over sling when it is cold
- ✓ Monitor baby's temperature
- ✓ Keep dry & hands/feet warm
- ✓ Protect skin from sun, stay in the shade
- ✗ DO NOT overdress baby
- ✗ DO NOT have fabric near face

Ask for help

Visit your local sling library for support with fit and comfort

