

If you feel the **need to hold your baby** whilst they are in the sling, then there is **something that needs addressing** in terms of tautness. **In this case, do not leave baby in the carrier. Readjust and retie / retighten.**

## DO NOT HESITATE TO ASK FOR HELP

You can **learn to carry** with a **trained baby-carrying consultant**, who will be able to guide you with appropriate expertise, tailored advice and tips.

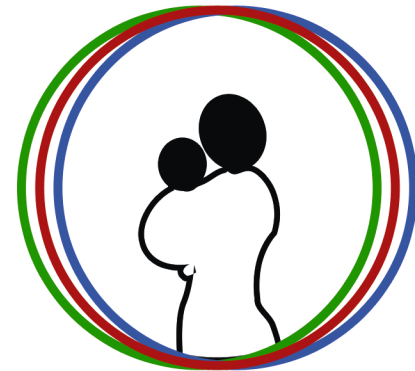
There are workshops and consultations where you can try different carriers and learn to carry safely and comfortably under a professional eye.

There are also sling libraries where you can try different carriers, some of them are led by consultants and some offer peer-to-peer advice.

Want to know more about carrying?  
Please visit:  
[www.slingguide.co.uk](http://www.slingguide.co.uk)

# BABY-CARRYING SAFETY

in wraps, slings or carriers



Whilst carrying your baby you must remain **aware of and responsive** to your **baby's needs for safety and comfort** as well as your **own**.

Project led by the French Consultants Inter-School Board and translated by Slingababy

## Stay vigilant



- ... vertical position
- ... chin off the chest
- ... fully supported under baby's base (bum and thighs)



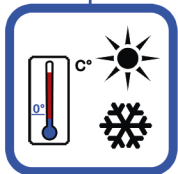
- ... clear airways with free airflow
- ... face clear and visible
- ... baby well hydrated

## Respect baby's physiology



- ... baby needs to be in a deep-seated squat
- ... tilted pelvis, curved lower back
- ... head in alignment with the rest of the body
- ... hands close to the mouth
- ... feet free

## Dress baby appropriately



- ... bear in mind the thickness of the carrier:  
1 layer of sling = 1 layer of clothing
- ... protect head, legs, feet and hands from the cold or the sun
- ... favour comfortable light clothing

## Choose your carrier appropriately

The carrier needs to be of good quality, in good condition, adjusted appropriately, with dyes free of heavy metals and toxins. The carrier needs to be age-appropriate / size-appropriate / activity-appropriate.



Do not carry whilst sleeping



Do not drink alcohol, or take drugs or medicine that makes you drowsy

## Stay adequately vigilant



Avoid the horizontal cradle carry with baby on its back, deep in the pouch



A baby-carrier is not a substitute for a safety seat



Avoid shaking or fall hazards



Do not practice any dangerous activity

Adapt your level of activity

Take into account your new shape and centre of gravity