

General Benefits of Baby-carrying

For Baby:

Emotional

It allows your child to take part in your world

Babies feel safe

Babies feel important

It helps you read your baby's cues so you are more responsive

People talk more to carried babies

Babies learn by imitation (seeing then doing)

At pushchair level, human interactions are less frequent

The cuddles are special

We are meant to (as in evolution sense)

Physical

It helps with temperature regulation

It helps with heart regulation

It helps with hormone regulation

It helps colicky babies

It helps build core muscles

It is good for baby's hips

It is good for baby's spine

It is good healthy exercise and develops muscles in the order they are meant to

It helps develop their vestibular system (sense of balance)

People talk to carried babies more and their communication skills benefit from this

There is anecdotal evidence of helping communication skills in cases of deafness.

They sleep better

It helps prevent positional flat head syndrome

It allows your child to take part in your world

At pushchair level car fumes are more toxic than at adult height level

It keeps baby warm in winter

It helps you read your baby's cues so they never need to reach high stress levels

You go places you could not reach otherwise

We are meant to (as in evolution sense)



For Mother/wearer:

Emotional

It reduces post partum depression
The cuddles are special
It is practical and gives your hands back
It feels good
The cuddles are special
It helps with bonding (including fathers)
The slings are pretty
It helps you read your baby's cues
We are meant to (as in evolution sense)

Physical/practical

It helps with lactation
It increases breastfeeding duration
It reduces post partum depression
It is good healthy exercise
It builds core strength
It frees your arms
It enables you to play with your older kids
It keeps you warm in winter
It is cheaper than a pushchair
The slings are pretty
It is a good hobby
It gives a chance to dads to "feel pregnant"
It helps you read your baby's cues
You go places you could not reach otherwise
We are meant to (as in evolution sense)

Myth or Truth?

Babies need to be put down to gain motor skills

Carrying babies hurt your back

Facing outwards is necessary

Facing outwards is dangerous

Wraps are complicated

Positioning in a sling/carrier is the only thing that matters

Baby will grow clingy and never be independent

Baby will never learn to walk

Baby needs tummy time

You can breastfeed in a sling

Carrying is expensive

Carrying needs to be knee to knee

Baby will never sleep alone



Role and Limitations

Do you intervene? Do you wait to be asked for help? Do you refer on? Do you steer clear?

You're in the street, someone carries very low in a narrow based carrier facing out.

You're at baby group and the same person comes every week with a stretch wrap that is covering baby's face.

You are at a family gathering and someone has a fake carrier.

You are at Sling Meet, someone wants some help with their wrap as they find it too complicated.

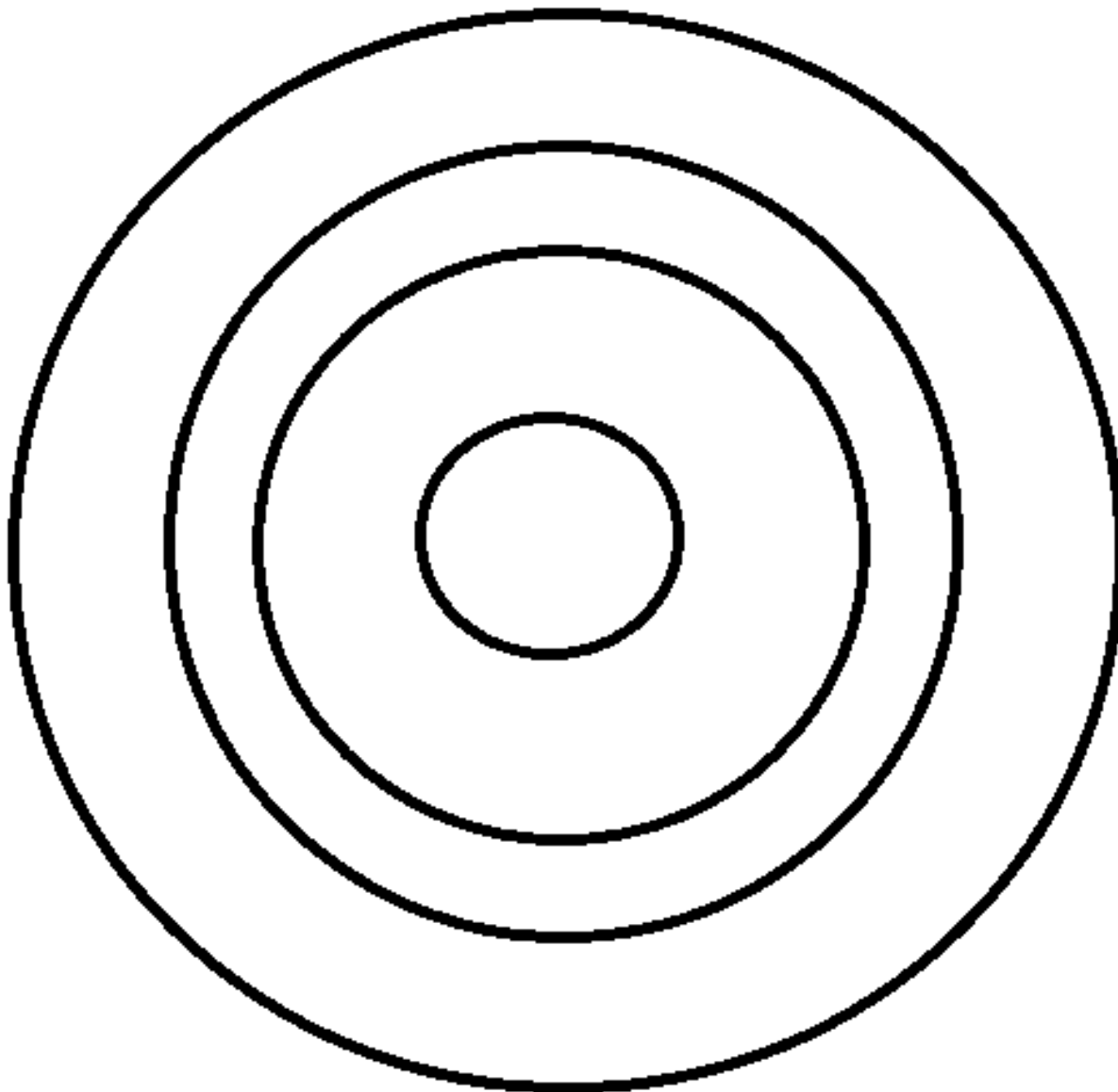
You are at Sling Library, someone wants some help with back carrying.

You are at Sling Library, someone walks in with twins and wants some help.

You are at Sling Library, someone walks in with a baby in a hip harness and wants some help.

You are at Sling Library, someone walks in with a premature baby and wants some help.

You are at Sling Library, someone is in a wheelchair and asks for help.



Safety

Above all aspect, making sure baby's airway is clear at all time is the most important.

The following leaflet was designed by An'So, a French consultant who gathered information from all French consultants. It was then translated by Slingababy with the help of the members of the Slingababy group. This unaffiliated document can be distributed freely on the condition that it is passed along whole and unchanged. You can access links to get some printed versions on the Slingababy group.

**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

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Stay vigilant



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



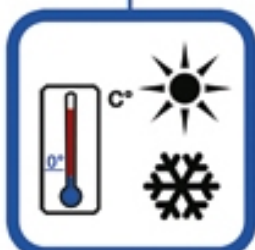
- ... clear airways with free airflow
- ... face clear and visible
- ... baby well hydrated

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.



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

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More information on <http://babyslingsafety.co.uk/>

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

Keep your baby close and keep your baby safe.

When you're 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 THE 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. In a cradle position your baby should face upwards not be turned in towards your body.



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 THE 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 of 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 be tested by placing a hand on your baby's back and pressing gently - they should not uncurl or move closer to you.) A baby in a cradle carry in a pouch or ring sling should be positioned carefully with their bottom in the deepest part so the sling does not fold them in half pressing their chin to their chest.



QUICK BABY WEARING REMINDERS

Sometimes, using a carrier comes naturally. Sometimes, it takes practice. Remembering these ABCs can help you achieve a safe and satisfying fit for you and your child.

A
AIRWAY

Airway: Ensure baby's airway stays open by keeping chin off of chest, and allow fresh air to circulate around baby's face. Keep child close enough to kiss and in view at all times.

B
BODY
POSITIONING

Body positioning: Be sure the carrier supports baby in a way that is appropriate to his/her level of neck and trunk control and prevents slumping, ideally with baby's knees higher than bum and weight borne by thighs and bottom.

C
COMFORT

Comfort: The carrier should be comfortable for you and baby. If you do not feel comfortable and confident with the carry you are doing, have a spotter nearby to help you. If you need help using your carrier, contact your local BWI chapter.

www.babywearinginternational.org





ALSO, bear these in mind too:

- Vary positions, alternate sides on which baby's head rests.
- In case of reflux or after a feed, a **vertical** position is a must.
- Beware of clothes' folds as these could hinder blood flow.
- Adapt your footwear
- Beware of what your baby can reach, at home, in public places and public transport.

HANDS



http://www.slingheaven.co/A-safety-checklist-for-using-baby-carriers_b_5.html

This acronym aligns with Slingababy consultants' checks.

Step by steps

Woven Wrap, Front Wrap Cross Cross Carry:

- 1) The wrap goes horizontally under arms
 - a) Centered in the middle of the chest
- 2) It crosses at the back and goes over shoulders
 - a) Keep it flat
- 3) Baby goes in the horizontal pass.
 - a) Fabric goes from knee to nape of the neck
- 4) Adjust
 - a) Pull all the slack out and adjust the top part of the wrap
- 5) Cross under the bum
 - a) Go vertically into the knee pits
- 6) Tie
 - a) Use a secure double knot

Ring Sling, standard hip carry:

- 1) Thread the ring sling
 - a) Go through both rings from underneath and then back through the bottom one
- 2) Baby goes in the diagonal pass
 - a) position baby on the hip
- 3) Spread the fabric
 - a) Fabric goes from knee to nape of the neck
- 4) Adjust
 - a) Bring the slack to the rings and pull in sun ray motion

Stretchy Wrap, standard front carry:

- 1) The wrap goes horizontally under arms
 - a) Centered in the middle of the chest
- 2) It crosses at the back and goes over shoulders
 - a) Keep it flat
- 3) The vertical passes are threaded through the horizontal and crossed
 - a) Keep it untwisted
- 4) Tie at the back or the front
 - a) Use a secure double knot
- 5) Adjust accordingly to the stretchy type
 - a) Pull all the slack out and adjust the top part of the wrap
- 6) Baby's legs go either sides of the cross
 - a) Fabric goes from knee to knee to nape of the neck
- 7) The horizontal layer is brought over the legs and spread
 - a) Fabric goes from knee to knee to nape of the neck
- 8) Adjust accordingly to the stretchy type
 - a) Pull all the slack out and adjust the top part of the wrap

Meh-Dai, standard front carry:

- 1) Tie the waist
 - a) Depending on padding, have the panel going downwards or upwards



- 2) Baby's legs go either side of the panel
 - a) get baby in position
- 3) Bring the panel up
 - a) Fabric goes from knee to knee to nape of the neck
- 4) Shoulder straps go over the shoulders and cross at the back
 - a) Keep them flat
- 5) Adjust
 - a) Bring your slack to the front
- 6) Tie
 - a) Use a secure double knot

Buckle carrier, standard front carry:

- 1) Buckle the waist
 - a) Depending on padding, have the panel going downwards or upwards
- 2) Baby's legs go either side of the panel
 - a) get baby in position
- 3) Bring the panel up
 - a) Fabric goes from knee to knee to nape of the neck
- 4) Shoulder straps go over the shoulders and either cross at the back or stay rucksack style
 - a) Keep them flat
- 5) Buckle the shoulders
 - a) Hear the click
- 6) Adjust
 - a) Bring your slack to the front

Troubleshooting

Woven Wrap, Front Wrap Cross Carry:

Issue:	Try:
Baby is leaning/pushing away	Readjust the top Tilt the pelvis Time for a hip/back carry
Baby starts high and ends up lower and leaning	Check the crossing is in the knee pits Tilt the pelvis Check tightening
Shoulders are uncomfortable	Pull the outer rail until the pass is flat and fold it over
Baby cries when getting in the wrap	Check tightening is not too tight Check baby handling Check positioning Check nappy/feeds
Painful in the back, cross is high	Spread more at the back Check tightening, especially the top

Ring Sling, standard hip carry:

Issue:	Try:
Baby is leaning/pushing away	Readjust the top Tilt the pelvis Check baby is still in front
Rings are uncomfortable/low	Pop the seat, shift the ring sling, re-seat
Neck is uncomfortable	Check the spread on the shoulder
Baby cries when getting in the ring sling	Check tightening is not too tight Check positioning Check baby handling Check nappy/feeds
Baby popped the seat	Check depth of seat/tightening at the bottom

Stretchy Wrap, standard front carry:

Issue:	Try:
Baby is leaning/pushing away	Readjust the top Tilt the pelvis Time for a hip/back carry
Baby starts high and ends up lower and leaning. Wrap Feels saggy	Check tightening Check the crossing is in the knee pits Tilt the pelvis
Shoulders are uncomfortable	Pull the outer rail until the pass is flat and fold it over
Painful in the back, cross is high	Spread more at the back Check tightening
Baby cries when getting in the wrap	Check tightening is not too tight Check baby handling Check nappy/feeds

Meh-Dai, standard front carry:

Issue:	Try:
Baby is leaning/pushing away	Readjust the shoulder straps Tilt the pelvis Check the straps are in the knee pits Time for a hip/back carry
Baby starts high and ends up lower and leaning	Check the crossing is in the knee pits Tilt the pelvis Check tightening
Shoulders are uncomfortable	Bring the shoulders straps further out
Baby's head is buried in	Work on length of panel Use the straps to bring baby higher
Baby cries when getting in the meh dai	Check positioning Check width of the carrier Check baby handling Check height of panel Check nappy/feeds
Painful in the back, cross is high	Spread more at the back Bring the shoulders straps further out Check tightening
Baby seems overspread	Check the width of panel Check pelvis tilt

Buckle carrier, standard front carry:

Issue:	Try:
Baby is leaning/pushing away	Readjust the shoulder straps Tilt the pelvis Check the straps are not overtightened Time for a hip/back carry
Baby starts high and ends up lower and leaning	Check baby sits in the pouch
Shoulders are uncomfortable	Bring the shoulders straps further out Play with height of cross Play with height/width of chest strap
Baby's head is buried in	Work on length of panel
Baby cries when getting in the buckle carrier	Check positioning Check width of the carrier Check baby handling Check height of panel Check nappy/feeds
Painful in the back, cross is high	Bring the cross lower Bring the shoulders straps further out Check tightening
Baby seems overspread	Check the width of panel Check pelvis tilt