

Slings – Positioning

An 'ergonomic' carrier or sling is one that provides a nice wide seat for your baby, supporting him in a natural position. His knees should be higher than his bottom. The shape from your baby's foot to his knee to his bottom to his knee to his foot forms an M shape. From the side, your baby's spine should form a J shape.

Essentially, your baby should be in the same position he naturally forms when held in your arms. A newborn has a curved spine and scrunched up legs, which gradually straighten out as your baby learns to hold his head up, roll, sit, stand and walk. Young babies will not lie flat, and should not be forced to straighten their legs or backbone in a carrier, cot or baby seat. We just want to hold and support them in their most natural position.

Young babies should have their back supported at least up to the nape of their neck (but no higher than their ears). Older babies and toddlers don't need the back support to be so high, and can have arms out as long as they are supported up to their armpits.

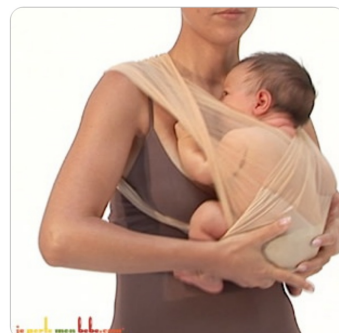
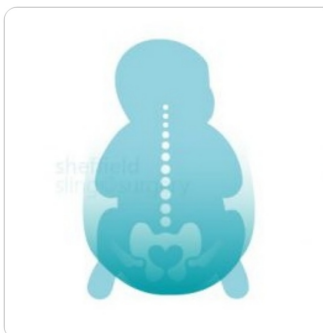


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