

Sling Safety Reminders

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

B
BODY
POSITIONING

C
COMFORT

www.babywearinginternational.org

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.

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.

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.

VISIBLE & KISSABLE

Safe Babywearing Means

- 1
Face in view at all times
- 2
High and upright
- 3
Chin up
- 4
Supported back and snug
- 5
Close enough to kiss

www.thebabyslingboutique.co.uk

Page 1 of 1