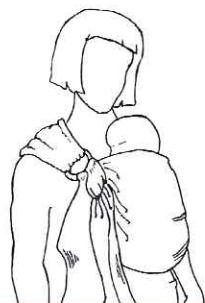


The T.I.C.K.S.

Rule for Safe Babywearing

Keep your baby close and keep your baby safe.

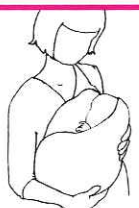
When you're wearing a sling or carrier, don't forget the **T.I.C.K.S.**



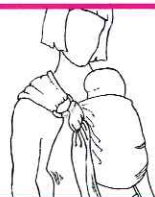
- ✓ **TIGHT**
- ✓ **IN VIEW AT ALL TIMES**
- ✓ **CLOSE ENOUGH TO KISS**
- ✓ **KEEP CHIN OFF THE CHEST**
- ✓ **SUPPORTED BACK**



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.



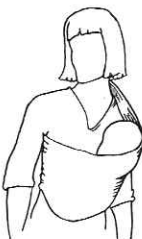
IN VIEW AT ALL TIMES – you should always be able to see your baby's face by simply glancing down. The fabric of a sling or carrier should not close around them so you have to open it to check on them. In a cradle position your baby should face upwards not be turned in towards your body.



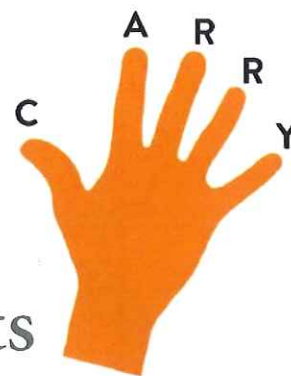
CLOSE ENOUGH TO KISS – your baby's head should be as close to your chin as is comfortable. By tipping your head forward you should be able to kiss your baby on the head or forehead.



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.



5 Points to Babywearing Safety

CAREFUL. Don't do something while wearing a child you wouldn't do while simply holding them. Avoid heat sources, bumping and jarring, trip hazards and other risky situations.

AIRFLOW. Ensure that your baby's face is not covered with fabric, and his chin not pressed against his chest to compress his airway. A good guide for easy breathing is to check you can fit two fingers between your baby's chin and chest.

RIDE HIGH. Keep the baby high and tight against your chest, not low on your hips. This will also afford you a good line of sight to monitor your baby.

RIGHT FIT. Make sure that you read your sling/carrier's instruction booklet and watch the videos if available, to ensure the carrier is the right fit for your body shape and the age/weight of your baby.

YOUR INSTINCT. Your carrier/sling should mimic the way you would naturally hold your baby in your arms. You should always be able to make eye contact, and be vigilant to ensure your baby is safe, happy and content.

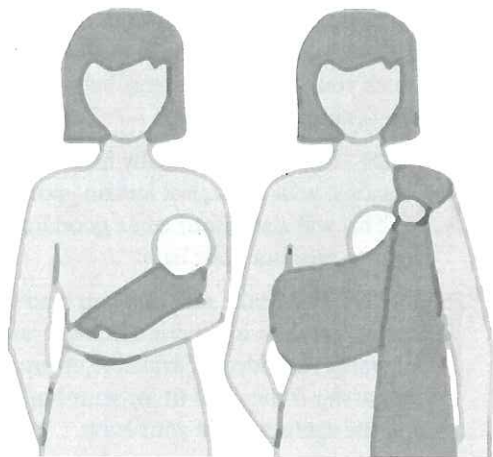
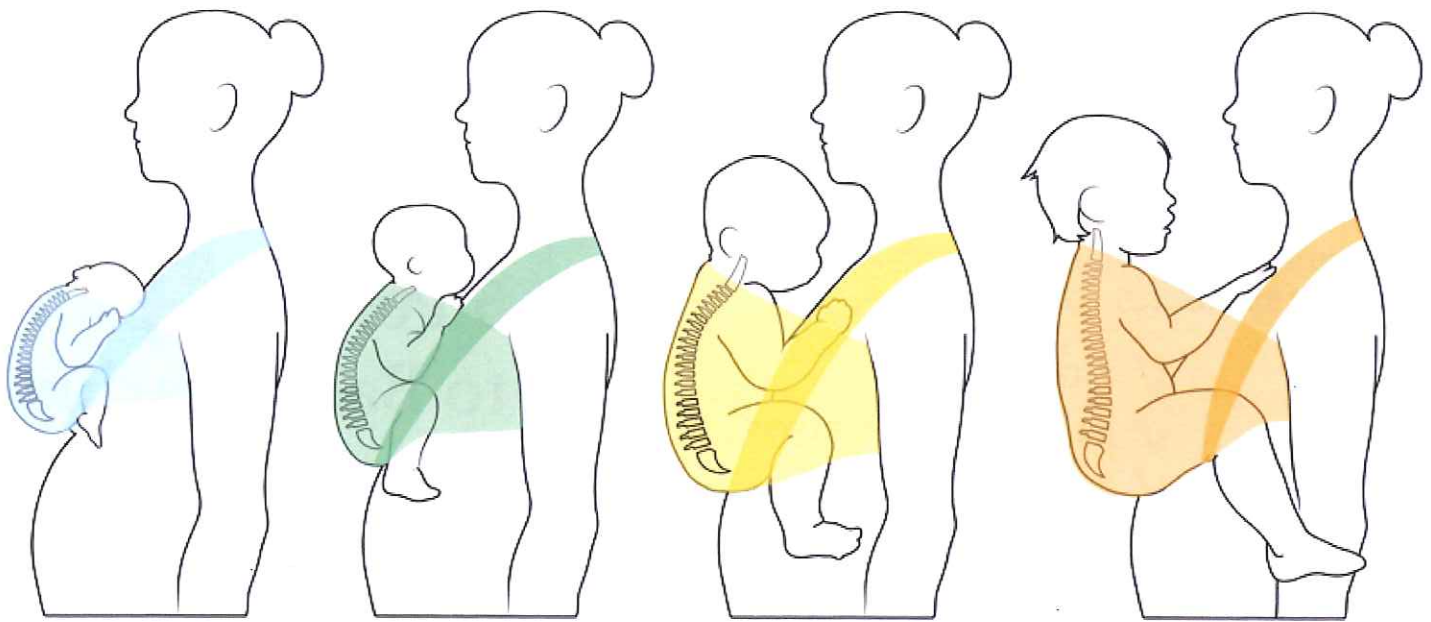
The BCIA's Position Paper on Babywearing states, 'Babies under the age of four months, with their immature respiratory systems and lack of muscle strength and control, are especially vulnerable to death and injury. This susceptibility is magnified when they are left unattended. Keeping babies close and under direct supervision, such as when they are carried in a sling-style carrier, is the best way to ensure their well-being.'

For more information about safe baby wearing, please visit our blog — blog.babesinarms.com.au or contact Anita Lincolne-Lomax

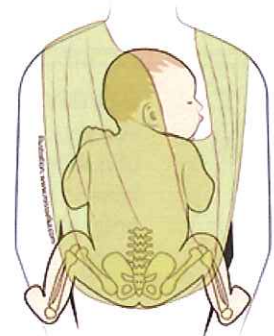
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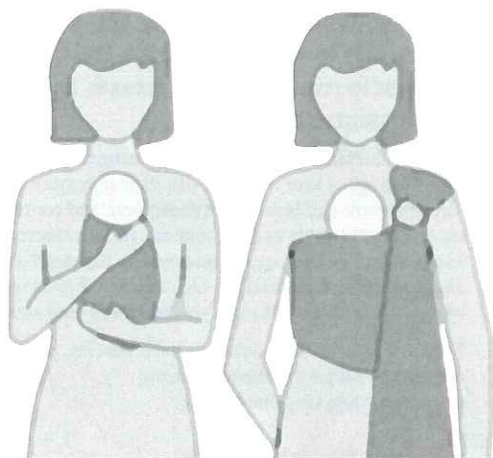
IMPORTANT CONSUMER WARNING
This article has been produced by Babes in Arms. It is intended to provide general information to support parents in the safe use of baby carriers. It does not replace any instructions provided by the manufacturer. Babes in Arms does not accept liability for any death, injury or damage to property resulting from reliance on this article.



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NO

- Baby is curled with chin touching chest
- Baby's face is covered.



NO

- Baby is too low.
- Face is covered.
- Nose and mouth pressed against wearer.



YES

- Chin is up and face is visible and above fabric.
- Nose and mouth are clear.
- Knees above bum.