

sling

Top 10 safety tips

when wearing your baby



- 1 Have another adult help you when you are learning to use a new carrier or trying a new position.
- 2 Practice with a doll or teddy bear until you are comfortable with the wrapping process.
- 3 When tying your carrier, make sure the ends of the fabric do not go lower than your upper thighs. If the fabric is too long, wrap it around again. Be very careful when cooking, dangling fabric could catch on fire.
- 4 Check your sling regularly. Make sure the seams are secure and the buckles and fasteners are tight.
- 5 Be mindful of your walking environment so you don't trip or stumble.
- 6 When bending, use your knees and keep one hand on the baby.
- 7 Be careful not to bump your baby's head or arms on anything. Be especially cautious when walking through doorways if you're wearing your baby on your hip.
- 8 Use common sense when wearing your baby and do not climb on ladders, ride a bicycle or go jogging. The sling will not protect your baby from injury.
- 9 Don't carry loose items in the carrier with your baby that can be choking hazards, that can poke your baby, or that can cover your baby's face.
- 10 Trust your instincts. If you feel that the baby is not secure in the sling or wrap, start again.



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