

SAFE BABYWEARING

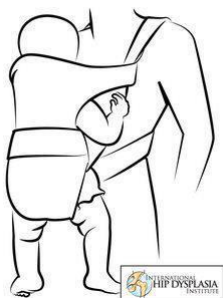
If you require assistance in fitting into a new carrier, sling or wrap we recommend that you seek out advice from your local sling library. Please see a list below of local library's and contact details.

We recommend that you familiarise yourself with the TICK babywearing guidelines to ensure yours and your baby's comfort and safety when wearing your baby

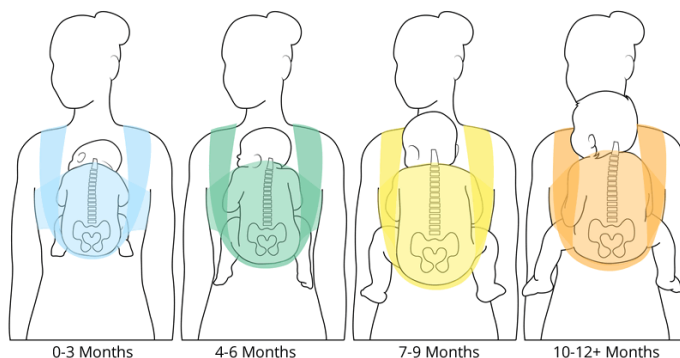
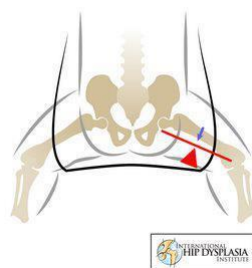
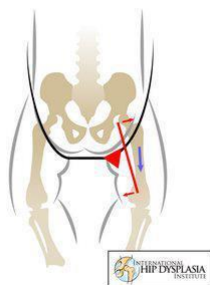
- **Salford Sling & Meet – Every Wednesday – Salford**
<https://www.facebook.com/Salfordslingandmeet/>
<https://salfordslingandmeet.myturn.com/library/>
- **Bolton & Bury Sling Library & Meet – Every other Monday – Bolton & First Friday of Month – Bury**
<https://www.facebook.com/Boltonslingmeet/>
<http://www.boltonburyslinglibrary.co.uk/>
- **Stockport Sling Library – First Monday of the Month – Stockport**
<https://www.facebook.com/StockportSlingLibrary/>
<https://stockportslinglibrary.wordpress.com/>
- **Oldham & Rochdale NCT Sling Library – Every other Monday**
<https://www.facebook.com/OldhamAndRochdaleNctSlingLibrary>
<https://www.nct.org.uk/branches/otr/sling-library>
- **Manchester Pop up Sling Library – First Wednesday of the month – Whitworth Art Gallery**
<https://www.facebook.com/NatureNurtureBirthBeyond/>
- **Prestwich Sling Library – Every other Friday – Prestwich**
<https://www.facebook.com/prestwichslinglibrary/>
- **Sale Sling Library – Every Friday – Altrincham**
<https://www.facebook.com/SaleSlingLibrary/>
- **Chorlton Sling & Social – Third Monday of the Month – Chorlton**
<https://www.facebook.com/Chorltonslingandsocial/>
<http://chorltonslingandsocial.com/>
- **South Manchester Natural Parenting Group & Sling Library – Every other Thursday – Hulme**
<https://www.facebook.com/groups/127249404087116/>

Recommended Reading: <http://www.sheffieldslingsurgery.co.uk/>

Baby Harnesses
 Not Recommended:



Better:



0-3 Months

4-6 Months

7-9 Months

10-12+ Months

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.