



Points To Remember

Test your carrier's construction regularly: be sure there are no tears or loose seams and that all attachment points are secure.

Check your baby's position periodically. Reposition baby if necessary.

Your center of gravity is different when wearing your baby. Be mindful of baby's head and body when going through doorways, and be cautious with your balance on slippery or uneven surfaces.

Baby will get extra body heat while being worn. Be careful not to overdress baby while in the carrier. However, if worn over your outerwear in the winter, baby will need adequate cold weather clothing. If worn under your jacket, do not zip your jacket over baby's face.

Your baby will be able to reach things she otherwise wouldn't, particularly if she is on your back. Be cautious around items that could be harmful to her.



VISIBLE & KISSABLE™

Babywearing Safety



For additional resources:

Visit the **consumer** section online. Find safety instructions, handouts, studies and suggestions for further information.

Distributed by:

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Babywearing Safety Tips

- 1** Read and follow all manufacturers' instructions for use, and watch any provided videos.
- 2** Ensure you can see baby's face at all times. Do not let baby's face press into your body or clothing. Do not cover baby's face with a blanket, sling fabric, nursing covers, etc.
- 3** Make sure baby's head and neck are fully supported, with chin off chest. If baby's chin is pressed tightly to his chest this can restrict baby's airway. Check to ensure you can slip your finger between baby's chin and chest.
- 4** Consult an expert if your infant was born at a low birth weight, such as a preemie or twin, has low muscle tone past infancy, or if he or she has a respiratory illness or other breathing problems. Extra vigilance is required with these babies.
- 5** Attend to and check on baby often, especially those under four months of age or those with a respiratory illness or condition.
- 6** When considering an activity, remember that if you wouldn't do it while holding a baby in your arms, you shouldn't do it with your baby in a carrier. For example, don't drive with your baby in a carrier (that's what car seats are for), participate in sports, cook over a hot surface or flame, go jogging etc.
- 7** Your baby's safety is your responsibility. Whether in your arms, in a car seat or stroller, or in a baby carrier, be mindful of baby's position and breathing at all times. Baby carriers make all of that much easier!
- 8** After nursing in a carrier, remove baby from breast and return baby to a proper carrying position. Baby's head should be above the breasts with face free of fabric and turned away from the mother's body.

Visible & Kissable™

Babywearing keeps babies in the safest place possible: a parent's arms, with the baby's face visible to the carrying adult. Babies are vulnerable in their first four months of life. They require constant supervision, which is why babywearing is critical to the well-being of infants.

Mimic In-Arms Carrying Positions

In a carrier, your baby should be in the same position he would be in your arms: head at your collarbone, and bottom above your waist. Check your baby's position by embracing him after settling him into the carrier. His position should not shift significantly; if it does, adjust the carrier until he is in an in-arms position.

