

Babywearing Safety

Most safety concerns with baby wearing revolve around keeping baby's airway clear, along with supporting their back and neck.

It's important to familiarize yourself with what the baby-wearing community calls T.I.C.K.S.:

T **Tight**
Your baby should be positioned upright and snug in the carrier, held securely against you. This helps prevent accidental falls.

In View at All Times

I Always ensure your baby's face is visible so you can monitor their breathing and mood. Being able to see your baby makes it easier to stay aware of their comfort and safety.

Close Enough to Kiss

C Check if you can lower your head and kiss the top of your baby's head. If not, reposition them in the carrier until they're at the right height for a kiss with minimal effort.

Keep Chin Off Chest

K There should be a gap of about two fingers wide under your baby's chin. If their spine is upright and legs are in a squatting position, the chin will naturally stay clear of their chest.

Supported Back

S While your baby needs to feel secure, avoid over-tightening the carrier around their back. The carrier should be snug enough to eliminate any gap between you and your baby, but loose enough that you can slide your hand between the carrier and their back.