

Sling Safety

Check baby/child:

- can breathe easily at all times
 - is not slumped forwards or to the side
 - has a clear airway with chin raised off chest
 - is resting chest against you with no wide gap
 - back is gently supported in their natural shape
- This is the gentle curved "J" shape.

Read more here
carryingmatters.co.uk/safety/



J Shape (small baby)

J Shape (child)

The Pelvic Tuck

This helps make you both more comfortable

- It also encourages optimal hip development
 - It is more important in younger children
 - Baby's hips open more widely as they grow
 - Rotate baby's hips gently in their sockets
 - Knees should rise above bottom
- This is the "M" shape.

Read more here
carryingmatters.co.uk/the-pelvic-tuck/



M Shape (small baby)

M Shape (child)

Take your time

Fitting a carrier to yourself and your baby's shape together makes a significant difference to everyone's comfort. Take the time to learn how your chosen carrier adjusts to your child, and how it sits on your body. As baby grows, how you carry them will change too; adding hip and back carries, or facing out carries. Toddlers and preschoolers need much less carrying in slings and will often prefer piggybacks, but little legs do get tired so a larger carrier may come in very useful!

The T.I.C.K.S. Rule for Safe Babywearing

Keep your baby close and keep your baby safe.
When you are 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 CHEST
- ✓ SUPPORTED BACK

From babyslingsafety.co.uk (with thanks to UK Sling Consortium)

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Ask for help

Your local sling library/consultant can show you a few options and help you explore. They can help you feel comfortable and confident with your chosen sling. Why not hire a few carriers to try at home and see what works for you?



Choosing to carry your child is the start of a wonderful adventure together, with many benefits to you both!

It can feel overwhelming, deciding which sling to use. This guide to slings will help you get started.



Carrying Matters



How do you decide which carrier type is for you?

Many parents of newborns begin with stretchy wraps or their variants.

The all-around cuddle is hard to beat! Once the "fourth trimester" is over, parents begin to explore other options. Others may prefer cooler carriers or decide to go straight for a woven wrap or a buckled carrier that lasts from birth to walking. Curious children may prefer hip carrying! At various stages of your carrying journey, your needs and what feels comfortable will change.

Different families may have different needs, for example, they may wish to carry baby facing forwards when they are old enough, or need to be able to back carry early if they have twins or have a toddler who needs a lot of attention. Working out what you need from your carrier will help you narrow your options down a little.

Stretchy Wraps



- cuddly soft layers that mould around the body
- mimic the environment of the womb
- ideal for newborn to 4 months
- helps older babies to settle when distressed
- can be pre-tied to take baby in and out easily
- no need to retie frequently
- lighter options available for warmer weather
- allows easy access for breastfeeding
- relatively inexpensive
- hybrid carriers and kangaroo care tops provide simple alternatives to long stretchy wraps

Read our guide (with helpful tutorials) here carryingmatters.co.uk/stretchy-wraps

Woven Wraps



- supportive with a single layer
- mould around every baby and body shape
- very comfortable due to wide weight distribution
- can be used from birth to preschool
- can carry more than one child at a time
- can carry in multiple positions (front, hip and back)
- many beautiful designs
- lighter options available for warmer weather
- can be excellent value for money
- easy to master with some practice

Read our guide (with helpful tutorials) here carryingmatters.co.uk/woven-wraps

Ring Slings and Hip Carriers

- provide a slightly "off-centre" or hip position
- one size fits all, suitable from birth to preschool
- preserves visual connection between child and carer
- offer great visibility for curious children
- lightweight for warm weather
- excellent option for feeding on the go
- quick and simple for "up and down" children
- pack down small for travel
- good value for money



Read our guide (with helpful tutorials) here carryingmatters.co.uk/ring-slings

Meh Dais and their variants

- fit a wide range of body shapes and sizes
- simple panel (often adjustable to fit and grow with baby)
- long straps wind around baby and parent
- excellent weight distribution with wider strap options
- many ways to tie for optimum fit
- suitable for baby to toddler
- can carry in multiple positions (front, hip and back)
- onbuhimos designed for simple back carrying (older children)



Read our guide (with helpful tutorials) here carryingmatters.co.uk/meh-dais

Buckle Carriers

- clip-together panel, waistband and straps
- cross shoulder straps or rucksack straps
- can be quick and easy to use
- lighter versions available for warmer weather
- often adjustable to fit a range of body shapes and sizes
- often adjustable to fit baby's body as it grows
- often easy to feed in
- great in wet or windy weather
- front, hip and back carries
- some offer world-facing positions when child old enough
- larger sizes available for older children



Read our guide (with helpful tutorials) here carryingmatters.co.uk/buckle-carriers

All slings become very easy to use with a little preparation and practice, and the right sling can be life-changing.