

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

T

Tight:

Slings should be tight enough to hug your baby close to you.

I

In view at all times:

You should always be able to see your baby's face by simply glancing down.

C

Close enough to kiss:

By tipping your head forward you should be able to kiss your baby on the head.

K

Keep chin off the chest:

A baby should never be curled so that their chin is forced onto their chest as this can restrict their breathing.

S

Supported back:

The baby's back should be supported in a natural position so their tummy and chest are against you.

