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Basic babywearing safety rules Whether you want to carry your baby in a wrap, ring sling, mei-tai, SSC or any other type of baby carrier, there are few basic rules that you need to follow. Take a look at the two check-list that makes it easier to remember the safety rules: the quick babywearing reminders ABC by the Babywearing International the TICKS rule for safe babywearing by the UK Sling Consortium The quick babywearing reminders ABC by the Babywearing International This „ABC“ quick babywearing reminders by the Babywearing International will help you to remember the basics of baby-wearing safety. A – AIRWAY “A” stands for “Airway”. Make sure your child’s airway remains open at all times while babywearing. You should always ensure your baby’s airway (nose and mouth) are clear while in a carrier. The best way to do this is to keep you baby in an upright position, high enough to monitor breathing. Babywearing International recommends that infants only be held in a horizontal or cradle position while actively nursing and return to an upright or vertical position as soon as they have finished. Source: The International Hip Dysplasia Institute. You should keep you baby’s chin off the chest to allow air to circulate around you baby’s face. There should be enough space for one or even two fingers under baby’s chin. Baby’s nose and mouth cannot be covered by anything even for a short period of time. We strongly recommend to check your baby’s breathing regularly. B – BODY POSITIONING “B” stands for “Baby Positioning”. Make sure your child’s is seating in a natural, ergonomic position. What is the natural, ergonomic position ? The legs should be in spread-squat M-position. You baby’s knees should be higher than the bottom. Your baby’s weight should be supported by thighs and bottom. The legs should be in spread-squat M-shape position ideally with support from knee to knee (with older babies and toddlers full knee to knee support is not always necessary). To help your baby achieve that hip-healthy M-shape position, slightly tilt the pelvis inward and push the feet (that are below the bent knees) upward to encourage the flexed, spread-squat position of the legs as you put your baby into the carrier. The back of you baby should be rounded in a C-curve. The carrier should also provide appropriate support for baby’s developing neck and back depending of your baby’s level of neck and truck control. When carrying a newborn or an infant the carrier should support you baby’s back to the nape of the neck. An ergonomic carrier (whether a soft structured carrier, asian-style, sling or wrap) will provide better support for baby and will be more comfortable for the wearer as well. To learn what is an ergonomic baby carrier see this article. As we already mention abonded to carry infants in vertical position. If you want to nurse the baby in a carrier, that’s OK, but return to the vertical position as soon as you have finished breastfeeding. C – COMFORT “C” stands for “Comfort”. Make sure both you and your baby are comfortable. Keep in mind that the baby carrier should be comfy not only for the baby, but for the caregiver too. Please make sure you and your baby are comfortable and confident. The best carriers are the ones that allow for even distribution of baby’s weight across wearer’s body. Then choosing a buckle carrier go for the once with adjustable padded shoulder straps and wide padded waistband. Examples: Ergobaby Carriers (Ergobaby Adapt, Ergobaby 360 All Positions, Ergobaby Omni 360 All-in-One) offer wide, padded shoulder straps and waistband with an extraordinary lumbar support. Source: Babywearing International We encourage you to print this quick baby-wearing reminder. It will help you to remember the basics of babywearing safety. On Babywearing International website you can find useful pictures to learn how to position the child in a carrier and you can read more about babywearing safety rules. The T.I.C.K.S Rule for Safe Babywearing The TICKS Rule for Safe Babywearing checklist made by the UK Sling Consortium gather almost same rules, just under different acronyms. Choose whichever is easier for you to remember. Both TICKS and ABC safety rules should be followed regardless the type of the carrier and baby’s age. T – TIGHT “T” stands for “Tight”. The carrier should be tight enough to keep your baby close to you. Prevent slumping. Any loose fabric may allow your baby to slump down in the carrier which can hinder their breathing. I – IN VIEW AT ALL TIMES “I” stands for “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, never turned in towards your body. You should be able to always see baby’s face. C – CLOSE ENOUGH TO KISS “C” stands for “Close enough to kiss”. Your baby’s head should be close to your chin so you could kiss you baby’s head or forehead at any moment, by simply tipping your head forward. OUR TIP: When wearing a newborn or a smaller infant, it helps to buckle the waist belt higher on your waist. It helps to fix the baby higher, to “kissable level”. K – KEEP CHIN OFF THE CHEST “K” stands for “keep chin off the chest”. Your baby should never be curled with chin forced onto the chest. Ensure there is always a space of at least a finger width under your baby’s chin. S – SUPPORTED BACK “S” stands for “supported back”. In an upright carry a baby should be held comfortably close to the wearer so the baby’s back is supported in its natural position. Newborns and infants need the most the support for their still developing back. However, even when the baby can sit upright and hold his head up, the s back support is still needed especially when baby falls asleep in a carrier, as the muscle tone decreases then. Source: babyslingsafety.co.uk Our babywearing safety recommendations To those basic babywearing safety rules we would like to add three important points. Product maintenance Appropriate product care and maintenance is very important. Regardless the type of baby carrier you’re using follow the producer recommendation for product care and maintenance. You should also always inspect your baby carrier for wear or damage before use. Check you carrier regularly for any damages or signs of wear like worn fabrics or loose stitching, which may decrease its safety quality. If you notice such things, consider contacting the manufacturer. Practice makes perfect If you’re a babywearing-beginner practice using and adjusting a carrier or sling with a spotter or at least over a bed, couch or low to the ground until you feel confident. It’s important especially with wraps that require learning how to make a secure tie, as well as using a baby carrier on your back. If you need help to install your baby at the beginning do not hesitate to ask for help. It can be a friend, or a partner. You can also participate in a babywearing workshop or consult a babywearing educator. Always exercise common sense ! You should avoid babywearing in situations that it would not be safe to carry an infant in your arms. Always exercise common sense while babywearing. Summer Babywearing Tips for How to Wear Your Baby in Hot Weather Babies are more sensitive than adults to extreme temperatures, because their ability of thermoregulation is limited. We all know it’s important to protect the baby from cold in the winter. But we forget sometimes that we need to protect our little ones as well during hot summer days from overheating, dehydration and sunburns. How to dress your baby for baby carrier or baby wrap ? We often hear this question during our babywearing workshops: “How to dress my baby when babywearing during very hot sunny weather?”. Below you’ll find a few things you need to know when choosing the cloths for babywearing. Count well the layers of clothing It’s very important to dress the baby accordingly to the weather. But is also important to dress the baby accordingly to the carrier we use. Not many people realise that the carrier counts as a layer of clothing. If you use a baby wrap that has 3 layers, these are three layers of clothing! When warping you baby don’t forget to reduce the layers of clothing. Loose clothes are better then tight If you dress your baby in onesie, we recommend to choose rather loose one then tight one. However, while putting your baby in a wrap or carrier please make sure the clothes’ fabric is not folded and doesn’t cause pressure on baby’s skin. Choose the fabric Choose clothes made of natural, breathable fibres rather then synthetic. Wearing one thin layer of clothing between you and your little one can stop you feeling sticky. Choose warm weather friendly carrier During hot summer days we recommend to choose a carrier made of mesh breathable fabric that allows air circulation (LennyLamb LennyUpGrade Mesh Baby Carrier, Love Radius PhysioCarrier JPMBB, Ergobaby 360 Cool Air Mesh, Ergobaby Adapt Cool Air Mesh, Ergobaby Omni 360 Cool Air Mesh, Tula Explore Coast, Tula Free-to-Grow Coast, Tula Toddler Coast, Beco Toddler Cool Carrier Mesh). It protects you baby from overheating. There are also mesh water slings and carrier supports ideal for summer. Protect your baby from the sun’s rays Small baby’s skin is particularly sensitive to the sun’s UV rays. It is crucial you protect your baby from it. How? Follow our recommendations. Avoid direct sun exposure. Stay in shade. The first, and the best, line of defence against harmful ultraviolet radiation is simply avoiding direct sun exposure. Stay in shade whenever possible rather then in the full sun. Limit to the minimum the sun exposure during the peak intensity hours (between 10 a.m. and 4 p.m.). Schedule your outdoor playtime before 10 a.m. or after 4 p.m. Babies under 6 months of age should be kept out of direct sunlight at all times so when going for a walk it’s better to go for a walk somewhere where you can find shade. Cover exposed parts of your child’s skin. Because infants’ skin is very sensitive, it’s better in the first six months to shield them from the sun rather than use sunscreen. Dress your baby in lightweight clothing that covers that covers as much skin as possible. Older babies baby’s skin protect from sun and wind by using a thin layer and sun-cream. Don’t forget to protect your baby’s head! Use a baby hat that shade the neck to prevent sunburn. We recommend ECO Hempies Adjustable Summer Hat Light by ManyMonths. Some baby carriers already has a baby hood included like for example Boba Air Travel, Manduca XT or Rose and Rebellion Baby Size Carrier. During summer the best are breathable mesh baby hoods like Love Radius PhysioCarrier JPMBB, or Coast Tula carriers mention above have. Ergobaby carriers have integrated hoods with UV protection (UPF 50+). Never cover you baby’s face! You should ensure regularly that your baby’s airways are clear and nothing is covering baby’s mouth and nose. Remember babywearing safety rules? Stay hydrated Keep your little one well hydrated and don’t forget about your bottle of water too, especially if you are still breastfeeding. Summer Babywearing Tips Follow our summer babywearing tips above and enjoy the summer!

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