



CHILD ACCIDENT PREVENTION FOUNDATION OF AUSTRALIA

Watch our instructional video at
kidsafesa.com.au/babyslings



BABY SLINGS

There are many different types of baby sling/carrier on the market and not all are safe. They can be dangerous if used incorrectly or when the wrong size or type is used.

In a sling/carrier babies are at risk of suffocating if their face is pressed against the fabric or wearer's body, or if they are in a 'C' position with their chin on their chest.

Babies most at risk include those who:

- are premature
- have a low birth weight
- have breathing problems
- are younger than four months
- have low muscle tone or other medical problems.

When it comes to baby slings, remember to keep your baby **Visible and Kissable™**.

That means

- **CHIN UP** • **FACE VISIBLE** •
 - **NOSE** and **MOUTH FREE** •
-

Visible and Kissable is a trademark of BCIA, registered in the US

Ticks



Once you have secured your baby, use **T.I.C.K.S.** to make sure you are using your sling or carrier correctly:



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 glancing down



C

CLOSE ENOUGH TO KISS: By tipping your head forward you should be able to kiss your baby on the head



KEEP CHIN OFF CHEST: A baby should never be curled so that their chin is forced onto their chest. As a guide, you should be able to fit 1 - 2 finger widths between baby's chin and chest.



S

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



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