

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

When you're wearing a sling or carrier, don't forget the T.I.C.K.S. Remember these tips for safe and comfortable babywearing!

- ✓ Tight
- ✓ In view at all times
- ✓ Close enough to kiss
- ✓ Keep chin off chest
- ✓ Supported back

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- T TIGHT**  
Slings and carriers should be tight enough to hug your baby close to you as this will be most comfortable for you both. Any slack/loose fabric will allow your baby to slump down in the carrier, which can hinder their breathing and pull on your back.
- I 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, not be turned in towards your body.
- C CLOSE ENOUGH TO KISS**  
Your baby's head should be as close to your chin as is comfortable. By tipping your head forward, you should be able to kiss your baby on the head or forehead.
- K KEEP CHIN OFF THE CHEST**  
A baby should never be curled so their chin is forced onto their chest, as this can restrict their breathing. Ensure there is always a space of at least a finger width under your baby's chin.
- S SUPPORTED BACK**  
In an upright carry, a baby should be held comfortably close to the wearer so their back is supported in its natural position and their tummy and chest are against you. If a sling is too loose, they can slump, which can partially close their airway. (This can be tested by placing a hand on your baby's back and pressing gently – they should not uncurl or move closer to you.)

A baby in a cradle carry in a pouch or ring sling should be positioned carefully with their bottom in the deepest part so the sling does not fold.

KEEP BABY CLOSE, KEEP BABY SAFE

# Babywearing Safety

Always read the instruction manual carefully before using your baby carrier to ensure safe and proper use. Remember to check on your child regularly while carrying, making sure they are comfortable and secure at all times.

## **ERGONOMIC POSITIONING MATTERS (ESPECIALLY IN THOSE FIRST 6 MONTHS)!**

Small infants have gently curved spines, and their natural ergonomic position is with their knees drawn up into a comfortable "M shape"/frog position/spread squat.

From this wide seat base, babies can be properly supported all the way up to the back of the neck, and their weight is equally distributed, thus preventing the babies from slumping in the carrier (or if they are being carried in arms).

To ensure your baby is in an optimal ergonomic position, you can hold your baby's legs under their knee pits and gently scoop them towards your body in an upwards motion, rotating and tucking their pelvis under. This helps create a "J shape" (from the side) or an "M shape" (from the front) position!

This ergonomic positioning also helps encourage healthy hip development and prevent hip dysplasia!

## **FACING IN IS BEST FOR YOU AND YOUR BABY**

The inward-facing carry, also known as the "tummy to tummy" position, keeps the baby as close to your center of gravity as possible, so their weight is distributed evenly around your body as baby curls in. Wearers often need to lean back to compensate for the baby's weight when facing out.

The spread squat oriented towards the parent position allows for good airflow, spine and hip support. It is also a safe position for babies to sleep - not to mention a common favorite place to nap with their little head resting on your chest surrounded by the familiar smell and sound of your heartbeat!