

Babywearing Tips and Safety

Baby wraps can be an excellent tool for bonding and attachment with baby, skin to skin contact, and so much more! While baby wearing has many benefits to both the wearer and the baby, babywearing must always be done in an appropriate way. We encourage you to always wear your baby safely and according to your baby wrap manufacturer's guidelines. Check your baby frequently when using wraps.

Information on Safe Babywearing

Babies in carriers should be *Visible and Kissable!*

What does that mean? While wearing your baby, your baby should:

1. Have face in view at all times.
 2. Be high and upright.
 3. Have chin up.
 4. Have a supported back and be snug.
 5. And be close enough to kiss.
- Always check your baby wrap for signs of wear. Ensure your wrap is the appropriate size for your baby's age and weight. Never zip a coat or sweater around your baby.
 - Babies should not sleep for long periods of time in a baby wrap. The safest place for your baby to sleep is on its back, in a crib, cradle, or bassinet that meets safety regulations, and in your room.
 - Consult an expert if your infant was born with a low birth weight, such as a preemie or twins, or if your infant has a respiratory illness or a pre-existing medical condition. Extra vigilance is required with these babies as well as all babies under the age of 4 months.

For reliable information on safe babywearing, check out the following sites:

The Middlesex-London Health Unit on Baby Slings and Carriers:

<https://www.healthunit.com/baby-slings-and-carriers>

Health Canada on Baby Carriers:

<http://www.hc-sc.gc.ca/cps-spc/pubs/cons/child-enfant/safe-securite-eng.php#a41>

The Baby Carrier Industry Alliance, Resources for Parents:

<http://babycarrierindustryalliance.org/babywearing-safety/consumers/>

For any questions or concerns related to you or your baby please call the Health Connection at 519-850-2280.

Please note that the Middlesex-London Health Unit does not endorse any particular brand of baby carrier.

www.healthunit.com