Using a sling or carrier safely

If you are using a sling or carrier, it is really important to make sure your baby is upright and can breathe easily.

Keep your baby's airway (breathing tube) clear.

Your baby should be:



High

Your baby should be **high on the firm part of your chest**. You should be able to kiss their head easily.



In-sight

Your baby should be upright, with their **mouth and nose in-sight**. Their mouth and nose should be clear so they can breathe easily (a clear airway).



Tightened just right

The sling or carrier should hold your baby tight against you. Their back should be evenly supported, with nothing pushing behind their head.

- If you were to lean slightly forward, supporting your baby's head, their body should stay tight against yours.
- The carrier isn't too tight if you can fit your fingers between the firm part of your chest and your baby's chest.

Regularly check your baby is high, in-sight and tightened just right when you are using your sling or carrier and reposition them if needed.



Keep your **baby's chin off their chest**



Make sure their **head is not tipped back**



Keep **baby's nose and mouth clear of fabric** or your body

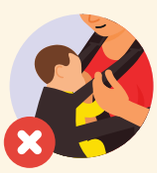


Dress baby in **light layers**



Take your **baby out for feeding**

If baby falls asleep make sure they are still high, in-sight and tightened just right:



It's safest to take your baby out of the sling or carrier for feeding. **If you choose to feed your baby in a sling or carrier, don't let them sleep in the same position they fed in.**



Don't use a sling or carrier if you have **drunk alcohol or taken drugs or medication** that make you sleepy.



Don't use a sling or carrier if you're **tired or need to lie down**.

Young, premature and low birthweight babies are more at risk in slings and carriers as they have heavy heads and weak necks.

For more information visit: lullabytrust.org.uk/slings-and-carriers

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