

How can I babywear safely?

What is babywearing?

This is when you wear or carry a baby in a carrier. Research tells us babywearing brings comfort to babies.

How do I choose a carrier?

You can use your own carrier. You can also use a carrier provided by the Maternity, Neonatal Intensive Care, or Pediatric unit your baby is staying on.

If you bring your own carrier, make sure you read the instructions that come with it. Check the weight limits of the carrier. Make sure baby's weight is within those limits.

How do I prepare to babywear?

Look at your carrier before each time you use it. Look for any holes or wear that could affect the safety of the carrier.

Practise using your carrier with a doll. Ask for help until you are comfortable putting baby in the carrier on your own.

Wash your hands before babywearing.

Where can I find more information?

If you have questions, you can ask any member of your baby's health care team.

For more information about carriers and to see if your carrier meets safety standards:



Scan this QR code.

Or visit canada.ca.

Select *English*.

Select *baby slings*.

Select *Baby sling and carrier safety*.

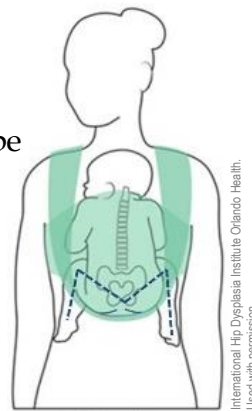
How do I babywear?

Always hold baby with at least one hand while you place them in the carrier.

Position baby upright, with their chest touching your chest, arms flexed and legs sitting in the shape of an "M" (see picture).

Position baby so they can easily breathe by making sure:

- Top of their head is about 4 to 6 inches (10 to 15 cm) from your chin.
- Their chin is up and away from their chest.
- Their ear is touching your chest and their face is uncovered so you can see it.



Remember to clean your hands between touching baby and surfaces or objects such as cell phones.

How can I keep baby safe while babywearing?

Look at baby every few minutes. Check they are breathing easily and their lips are pink.

If you need to bend over, bend at your knees. This helps keep baby inside the carrier.

Watch where you are walking. Stay away from things that you could trip over such as loose rugs or cables.

If you feel unwell, sit down and call for help.

