

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

Keep your baby close and keep your baby safe.

When you're wearing a sling or carrier, don't forget the **T.I.C.K.S.**



- ✓ **TIGHT**
- ✓ **IN VIEW AT ALL TIMES**
- ✓ **CLOSE ENOUGH TO KISS**
- ✓ **KEEP CHIN OFF THE CHEST**
- ✓ **SUPPORTED BACK**



**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.



**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.



**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.



**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.



**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 them in half pressing their chin to their chest.

# Sling Libraries and information

A sling library is a place where you can try and hire many different kinds of slings & ergonomic carriers. Sling libraries are run by qualified and insured consultants or peer supporters, who are trained in babywearing. They will be able to show you how to carry your baby safely; choose a sling or carrier that suits your needs; and support you to learn more advanced babywearing techniques.

## St.Ives Sling Library & Support

St. Ives Sling Library is a community group for parents/ carers in the West Cornwall area, who would like help and support with babywearing.



Please visit the facebook page to stay up to date with the library's regular meets and specialist workshops [www.facebook.com/stiveslingsupport](http://www.facebook.com/stiveslingsupport)

## Upfront Saltash Babywearing

Upfront Saltash Babywearing is a volunteer lead group, run by local Mum's who are trained as babywearing consultants, helping parents to use slings & carriers.



Please visit the facebook page to stay up to date with the library's regular meets [www.facebook.com/upfrontsaltashbabywearing](http://www.facebook.com/upfrontsaltashbabywearing)

## Plymouth Sling Library CIC

Plymouth Sling Library are able to offer advice on range of slings & carriers for hire, as well as the opportunity to try out new slings or get help with your own.



Please visit the facebook page to stay up to date with the library's regular meets [www.facebook.com/plymouthslinglibrary](http://www.facebook.com/plymouthslinglibrary)