

Safety

Aware & responsive

Attentive carer
Child monitored



Breathing

Free air circulation
Unobstructed face
Chin off chest
Upright carry

Secure

Close carry
Hands on until secure
Adjust with care
Remove excess slack
Minimise any gaps
Support under bum
and behind back.

Caution

Stay sober enough



Practice safe sleep



Avoid over-stimulation



Certain activities may
not be legal/ sensible



Ensure protection
from the elements



Regulate temperature



Carer: comfort & safety

Comfortable buckle
and knot placement



Appropriate
footwear



Material is smooth and
spread in key areas



Pay attention to centre
of gravity changes



Shoulders and neck
relaxed and comfortable



Check

Sling is fit for purpose



Hydration is maintained



Around you for hazards



With a professional if
you are unsure



Feeding in a sling

Monitor airway at all times
Increased awareness needed
Neck supported by hand
Direct material up from knee
to nape of the neck
Support bum in pouch

Child: comfort & development

Get support



A simple guide to
Carrying best
practice

Neck



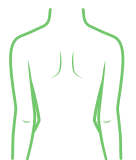
Neck is supported by material height - appropriate to development

Hands



Hands are up and available at their face

Spine



Material is smooth with any excess supporting neck or under bum

Knees



Material is knee to knee supporting natural position

Hips



Pelvis is tilted so child is sitting on their bum

Feet



Feet are not restricted by clothing or carrier

Your local parent consultant:

Your local carrying consultant:

Contact the carrying helpline:

Your local sling library:

Your local feeding group:

Your local IBCLC:

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