

Babywearing Information Sheet

We welcome babies at all of our exercise classes, providing a safe and comfortable environment so that you can enjoy and get the most out of your exercise session. We recognise that babies do not always settle for the full session and therefore we provide slings for you to use (free of charge) so that you can remain as active as possible, but at the same time provide comfort to your baby. However there are a few considerations in order to ensure the safety and wellbeing of you and your baby.

- At the first session a babywearing supporter will be available to provide you with further information on carrying your baby and the slings available including the Connecta, Moby wrap.....
- Advice will also be given if you bring your own sling to the session.
- Help will be given so that you can achieve safe and comfortable carrying
- When carrying your baby the aim is to mimic the same position newborns naturally adopt when picked up and placed with their stomach against your chest, with their legs drawn up and their spine nicely rounded.
- Baby's bottom should be down, knees drawn up with their legs at 90-degree angle to the spine.
- Baby should be high and snug in the carrier with back supported in a natural position.
- Baby should be close and well supported.
- Baby should be able to breathe without obstruction.
- You should be able to see your baby at all times.
- Your posture is key to your postnatal recovery and therefore a well fitting sling is essential, if you experience any discomfort please discuss this with your fitness instructor who will provide the appropriate advise.
- Don't forget T.I.C.K.S – Rule for Safe Babywearing

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.