

Babywearing Safety & Carrier Guide

Babywearing keeps your baby close and your hands free. Whatever carrier you choose, **check your baby's position every time** using the TICKS rule.

SAFETY FIRST: REMEMBER TICKS

T

Tight

Snug enough to hug baby close to you, with no slack that lets them slump.

I

In view at all times

You should see baby's face just by glancing down. Keep fabric off their face.

C

Close enough to kiss

Baby's head sits high enough that you can kiss the top of it easily.

K

Keep chin off chest

Leave at least a finger's width under baby's chin so their airway stays open.

S

Supported back

Baby's back is held in its natural curve, tummy to you, not slumped.

TYPES OF CARRIERS



Stretchy Wrap

NEWBORN

Soft, stretchy fabric that's easy to use and ideal for newborns.



Ring Sling

NEWBORN TO TODDLER

A single piece of fabric threaded through rings. Great for quick ups and downs.



Soft-Structured Carrier

INFANT TO TODDLER

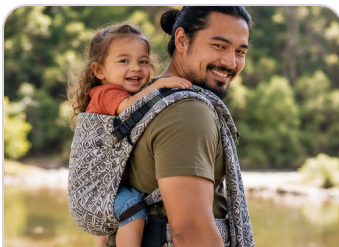
Buckles and padding for a quick, supportive fit. Many need an insert for newborns.



Meh Dai

INFANT TO TODDLER

A fabric panel with long straps that tie, for a flexible, custom fit.



Half-Buckle Carrier

INFANT TO TODDLER

A buckled waistband with tie-on fabric shoulder straps.



Onbuhimo

SITTING BABIES & UP

A Japanese-style carrier with no waistband, ideal for high back carries.



Woven Wrap

ALL AGES

A long woven fabric tied many ways, for all ages and carry positions.



Always follow the manufacturer's instructions

Check weight limits, age ranges, and approved positions for your carrier. Inspect straps, buckles, seams, and rings before each use.

New to babywearing?

Practice over a bed or couch, or with a spotter, until you feel confident. Babies' hips do best in an "M" position, knees higher than bottom. A local babywearing educator can help you find the right fit.

Source: TICKS guidelines from the UK Consortium of Sling Manufacturers

This summary is for education only and is not a substitute for medical advice. Talk to your provider with any concerns.

Read more: birthx.org/blog/babywearing