

Salsa Babies

Top 10 Tips

for Safe Baby-Wearing



- 1 Be sure to follow the manufacturer's guidelines for your particular brand of carrier.
- 2 The centre point of the straps should be between your shoulder blades. There should be no slack in the shoulder straps – they should lie flat against your chest. Try to spread out the fabric for a more comfortable fit.
- 3 Waist straps should be on your waist and not resting on the hips.
- 4 The baby's head should be 1" below mom's chin.
- 5 Babies should not face forward before they can hold their head up on their own. This is usually around 3-4 months but can vary. **Many experts are now recommending that babies face inward at all times.**
- 6 Make sure baby's chin is not pressed into his or her chest, and that the baby has sufficient ventilation (face not pressed into fabric of carrier, your body, or clothing).
- 7 Hold the baby when bending over and do not use during activities that could lead to injury such as cooking, cycling, or drinking hot beverages.
- 8 Always secure one side of carrier before picking up the baby and practice using the carrier sitting a bed or chair or get someone to help you until you get the hang of it.
- 9 Listen for the "click"! Check and double-check both when you first strap the baby in and again periodically to make sure that all snaps, clips and fasteners are secured.
- 10 Choose a carrier that works for you – there are many styles to choose from, so you'll want to consider comfort, function, the age and size of your baby and who will be using the carrier, as well as style, material and portability. Slings are not recommended for this class.

