

Points to remember:



Test your carrier's construction regularly. Be sure there are no tears or loose seams and that all attachment points are secure.

Check your baby's position periodically. Reposition baby if necessary.

Your center of gravity is different when wearing baby. Be mindful of baby's head & body when going through doorways, and be cautious with your balance on slippery or uneven surfaces.

Baby will get extra body heat while worn. Be careful not to overdress baby while in the carrier. However, if worn over your outerwear in the winter, baby will need adequate cold weather clothing. If worn under your jacket, do not zip your jacket over baby's face.

Baby may be able to reach things he otherwise wouldn't, particularly if on your back. Be cautious around items that could be harmful to baby.

When trying a new carrier:

Practice with a doll or bag of flour first. Practice builds muscle memory, and you are more likely to succeed when confident.



Babies and caregivers learn better when they are rested, fed and comfortable. It is best not to wait until baby is crying to try something new, as you'll both be stressed & frustrated.

When learning to use a new carrier, try it over a soft surface like a bed or mat. A mirror is also very helpful in achieving correct positioning.

Learn from an experienced babywearer when possible. There may be a professional babywearing educator near you. Please contact the BCIA if you need help finding babywearing resources in your area and we will help you connect with an educator in our network.

Additional Resources:

babycarrierindustryalliance.org/babywearing-safety/consumers

Find safety instructions, handouts, studies and suggestions for further information.

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babywearing safety

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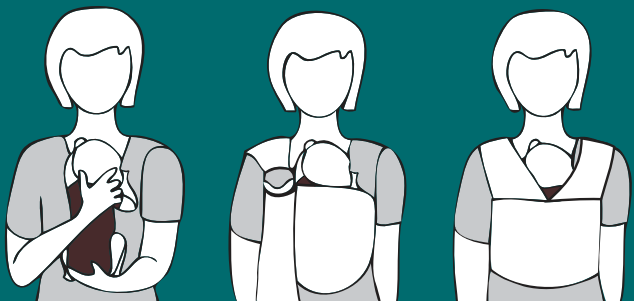


Babywearing keeps infants in the safest place possible: a parent's arms, with baby's face visible to the carrying adult. Babies are vulnerable in their first four months

of life and require constant supervision, which is why babywearing is critical to the well-being of infants.

mimic in-arms carrying positions

In a carrier, your baby should be in the same position he would be in your arms: head at your collarbone and bottom above your waist. Check baby's position by embracing him after settling him into the carrier. His position should not shift significantly; if it does, adjust the carrier until baby is in an in-arms position.



babywearing safety tips

Read and follow all manufacturers' instructions for use and watch any provided videos.

Ensure you can see baby's face at all times.

Do not let baby's face press into your body or clothing. Do not cover baby's face with a blanket, sling fabric, nursing covers, etc.



Make sure baby's head and neck are fully supported, with chin off chest.

If baby's chin is pressed tightly to his chest, this can restrict baby's airway. Check to ensure you can slip your finger between baby's chin and chest.

Consult an expert if your infant was born at a low birth rate, such as a preemie or twin, has low muscle tone past infancy, or has a respiratory illness or other breathing problems. Extra vigilance is required with these babies.

Attend to and check on baby often, especially those under four months of age or those with a respiratory illness or condition.

When considering an activity, remember that if you wouldn't do it while holding a baby in your arms, you shouldn't do it with your baby in a carrier. For example, don't drive with your baby in a carrier (that's what car seats are for), participate in sports, cook over a hot surface or flame, go jogging etc.

Your baby's safety is your responsibility.

Whether in your arms, in a car seat or stroller, or in a baby carrier, be mindful of baby's position and breathing at all times. Baby carriers make all of that much easier!



After nursing in a carrier, remove baby from breast and return baby to a proper carrying position.

Baby's head should be above the breasts and face free of fabric and turned away from the mother's body.

