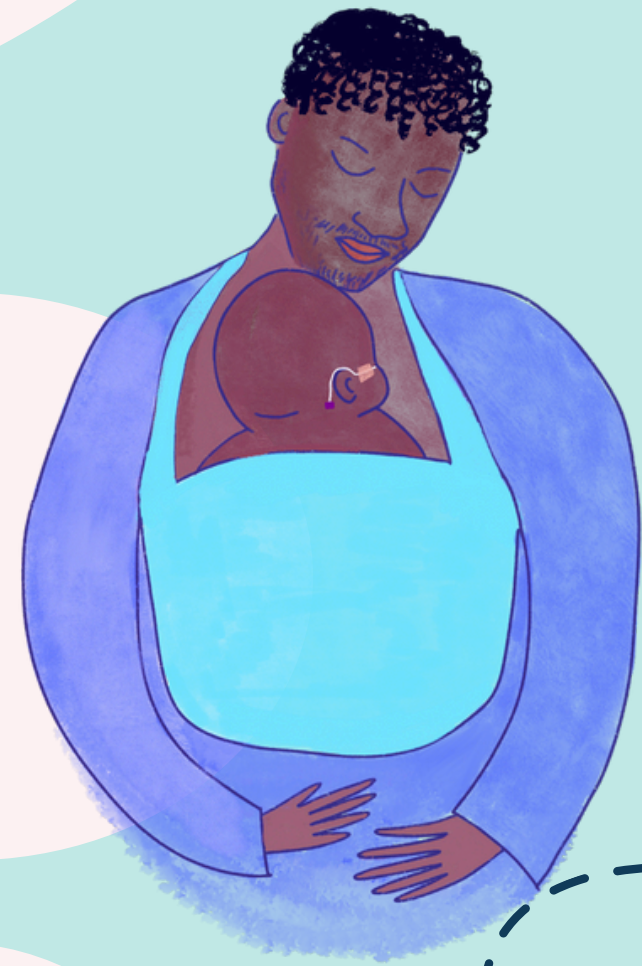


DID YOU KNOW?

Carrying your baby in a sling can benefit both you and your baby!

YOUR BABY LOVES TO BE CLOSE TO YOU

Spending time holding your baby close does not have to stop when you leave the neonatal unit.



CARRYING IN SPECIAL CIRCUMSTANCES

If your baby was premature, is small, or has been cared for on the neonatal unit:

- Check which sling is best for them (minimum weight and fit).
- Understand how to use a sling correctly and how to keep your baby safe in it.




SAFETY AND COMFORT

Following the T.I.C.K.S rules can help keep your baby safe in the sling.

A good fitting sling should provide the correct support and be comfortable for you to wear.

T.I.C.K.S

- ✓ Tight 
- ✓ In view at all times
- ✓ Close enough to kiss
- ✓ Keep chin off the chest
- ✓ Supported back

FIND OUT MORE



- What are the benefits for me and my baby?
- How can I keep my baby safe in the sling?
- How can I get help with my sling?
- What is a sling library and how can I find one?

