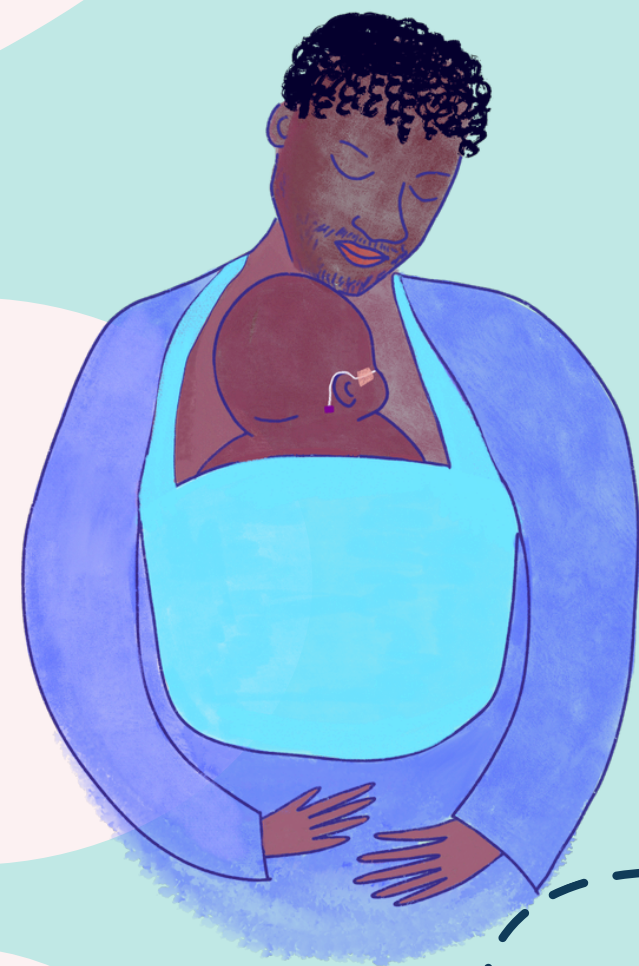


# DID YOU KNOW?

## 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?

