

Babywearing Safety



ALWAYS check your carrier before use. Look for holes, worn spots, broken stitching, clip integrity, etc.



Take breaks to give baby's hips and your back a rest.



When front carrying your baby, they should be high enough that you can kiss their head.



Whether your baby is being worn on your front or your back, check on them frequently.



Obey the minimum and maximum weights for the carrier you have.



There should be two fingers worth of space between your baby's chin and chest when being worn to prevent asphyxiation.



Ask for help when needed. Practice new carries with a spotter.



Consumption of anything hot while babywearing puts your baby (and you) at risk of burns.

**If an activity is not safe to do while holding baby,
it should not be done while wearing baby.**