

Circle of safety

Checklist for babywearing

Reminder for the circle of safety when babywearing:

Clear Airway (point at baby's nose)

Close enough to kiss (point at baby's hands and head)

Support (point at baby's neck, back and thighs)

Spread squat position (point at baby's knee pits)

Comfort (point at your own back)

Circle of safety

2. Close enough to kiss – you can easily reach to kiss the baby on the head. The small baby wants its hands close, therefore please place that baby's hands at its mouth.

1. Clear Airway – the baby's face is in view at all times and has good air circulation. There should always be at least two fingers width between the baby's chest and chin.

3. Support – the carrier is tight and gives adequate support for the baby's neck, back and thighs. It also allows the baby's back to be slightly rounded. An awake baby often keeps its back straight and only rounds its back when relaxing. Make sure the fabric is smooth over baby's back and that the baby sits in an upright position.

4. Spread squat position – baby's knees are higher than the bum with the baby's pelvis tilted.

5. Comfort – vary your carrying by carrying in your arms and in different carriers and ties. This is great for your body! Make sure the baby is of comfortable temperature.