

Circle of safety

Checklist for babywearing

Reminder for the circle of safety when babywearing:

Clear Airway (point at baby's nose)

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

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.

2. 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 baby sits in an upright position.

3. Spread squat position – baby's knees are in a spread squat position or at the same height as the bum. The baby's pelvis is tilted when resting or asleep.

4. 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.