

Options for carrying your baby



Baby carrier

A baby carrier is a soft or structured item that you wear on your front, back or side. It has straps and buckles that help carry your baby safely.



Baby sling

A baby sling is a long piece of fabric worn over one shoulder and across your body. It makes a little pouch for your baby to be carried and rest in.



Baby backpack

A baby backpack is a firm, structured carrier with a built-in frame that you wear on your back, like a hiking backpack.



Tips for carrying your baby

- Make sure the product suits your baby's age size and development.
- Always support your baby's head and neck they can't hold it up on their own.
- Make sure you can see your baby's face and that their nose and mouth are clear of anything that could block air flow.
- Check your baby for overheating, especially in hot weather.
- Follow T.I.C.K.S safety rules.

What is TICKS?

TICKS is a simple way to remember how to carry your baby safely:

Tight - the carrier should hold your baby snugly against you

In view at all times - always be able to see your baby's face

Close enough to kiss - you should be able to kiss the top of their head

Keep chin off chest - their chin should not be resting on their chest

Supported back - their back should be straight and not slumped