



The **T.I.C.K.S** rule for baby sling safety

Great state. Great opportunity.

T I C K S

TIGHT—The sling should be tight with your baby positioned high and upright with head support. Any loose fabric may cause your baby to slump down, restricting its breathing.

IN VIEW AT ALL TIMES—You should always be able to see your baby’s face by simply looking down. **Ensure your baby’s face, nose and mouth remain uncovered by the sling and/or your body.** Babies have suffocated while in slings.

CLOSE ENOUGH TO KISS—Your baby should be close enough to your chin that by tipping your head forward you can easily kiss your baby on top of its head.

KEEP CHIN OFF THE CHEST—Ensure your baby’s chin is up and away from their body. Your baby should never be curled so that its chin is forced onto its chest as this can restrict breathing. Regularly check your baby. Babies can be in distress without making any noise or movement.

SUPPORTED BACK—Your baby’s back should be supported in a natural position with its tummy and chest against you. When bending over, support your baby with one hand behind its back and bend at the knees not at the waist.

Always consult a doctor before using a sling with a premature baby.

For more information and to view the **Carry with care: How to keep your baby safe in a sling** film visit www.fairtrading.qld.gov.au

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