

Basics of babywearing

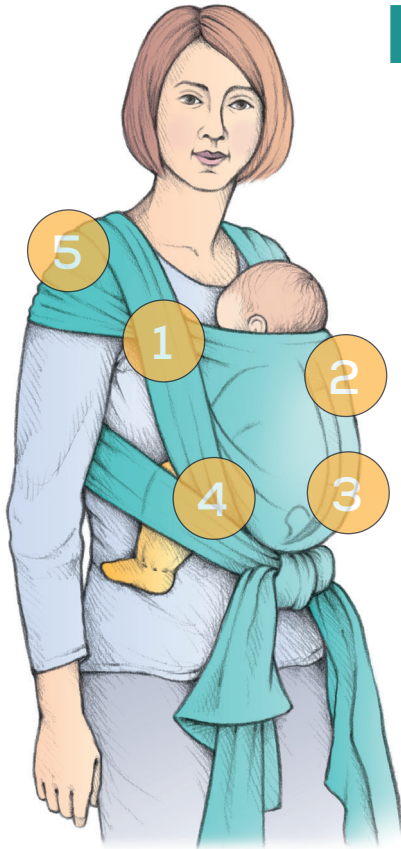


Illustration: Annette Gack

- 1 Free respiratory tract
- 2 Upright position
- 3 All around safe hold
- 4 Spread-squat-position
- 5 Comfortable weight distribution

Self-Test – carrying comfortably and safe

- Is my child's nose free? Can it breathe properly?
- Is the back of my child supported? Can it round its back when sleeping?
- Are my child's sides supported and am I carrying it in an upright position?
- Is my child staying close to my body when I lean forward or backward?
- Can I support my child's head with for example the upper end of the scarf?
- Does the seat of the sling or carrier almost reach from one back of the knee to the other?
- Are the child's feet and lower legs free to move?
- Is the child in the spread-squat-position?
- Are the child's knees slightly above its bottom?
- Can both of my hands be used freely?
- Can I walk in an upright position?
- Is the baby sling comfortable also when used over a longer period of time?

If you answered one or more of the questions with no, consider adapting the use of the baby sling.

You want individual council and support? Find professional council on using the baby sling, workshops concerned with carrying and meetings with other users of the baby sling at

WWW.TRAGENETZWERK.DE