

Portsmouth Safeguarding Children Board

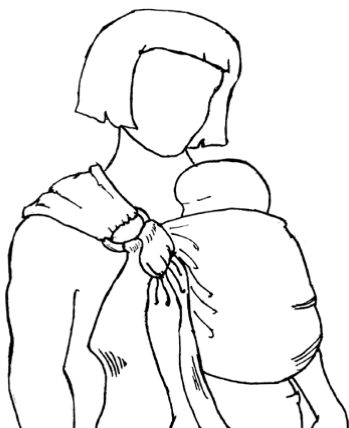
Safe use of baby slings

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Should you wish to use a baby sling, the following guidance is recommended:

- Slings are not recommended for pre term babies until they reach the equivalent of 40 weeks gestational age
- Slings should be used in accordance with manufacturer guidelines
- Do not use 'bag style slings'
- Make sure your sling is in good condition – not frayed or broken.
- Check your baby regularly whilst they are in the sling, especially their temperature and breathing
- If your baby falls asleep in their sling, transfer them to their own cot as soon as possible and follow the safe sleeping guidelines.
- The safest place for a baby to sleep is on their back, at the bottom of their cot, in a smoke free environment. Ensure your baby's covers are tucked in tight and that your baby sleeps in the same room as you until they are 6 months of age.

Safe Positioning of a baby



- ✓ Keep your baby in an upright position, supported with a straight back. Ensure the sling is tight enough to maintain this position
- ✓ Keep your baby's head in a neutral position and keep their chin off their chest
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- ✓ Ensure your baby is in view at all times
- ✓ Keep your baby close enough for you to kiss their head

Solent NHS Trust (2014), Frisbee & Hennes (2000), Glover (2012), Infant Sleep Information Source (2014)

Talk to your Health Visitor if you have any concerns or questions about the safe use of baby slings