



# QUICK BABY WEARING REMINDERS

*Sometimes, using a carrier comes naturally. Sometimes, it takes practice. Remembering these ABCs can help you achieve a safe and satisfying fit for you and your child.*

# A

AIRWAY

**Airway:** Ensure baby's airway stays open by keeping chin off of chest, and allow fresh air to circulate around baby's face. Keep child close enough to kiss and in view at all times.

# B

BODY  
POSITIONING

**Body positioning:** Be sure the carrier supports baby in a way that is appropriate to his/her level of neck and trunk control and prevents slumping, ideally with baby's knees higher than bum and weight borne by thighs and bottom.

# C

COMFORT

**Comfort:** The carrier should be comfortable for you and baby. If you do not feel comfortable and confident with the carry you are doing, have a spotter nearby to help you. If you need help using your carrier, contact your local BWI chapter.