

# 4 Tips for Babywearing Success

## Practice with your carrier

Use a weighted doll, stuffed animal, or bag of grain. Practice builds muscle memory, and you are more likely to succeed when you feel confident.

## Start when you and your baby are rested and fed

It may be easiest to begin by wearing baby for short periods of time at first.

## Choose a soft surface

When learning to use a new carrier, try it over a soft surface like a bed or mat. A mirror may help in achieving correct positioning.

## Consult an expert

Experienced babywearing support is available. There may be a professional babywearing educator or free group near you. Contact the BCIA for help finding babywearing resources in your area and we'll help you connect with an educator in our network.

## About the BCIA

The BCIA exists to support baby carrier innovation and the practice of babywearing by working with educators, retailers, manufacturers, healthcare workers, and related organizations to bring quality carriers and education to caregivers.



## Find More Resources

- Member directory
- Tips, research and information
- ... and more at [babycarrierindustryalliance.org](http://babycarrierindustryalliance.org)

*Visible & Kissable*®

**Babywearing Guidelines**

Distributed by Baby Carrier Industry Alliance  
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**BCIA**

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**Babies are safest under the active supervision of a caregiver, and they are happiest when cuddling with someone they love.**

**Baby carriers make it easy to keep babies close and in sight.**

-Kristi Hayes-Devlin | BCIA

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## Babywearing safety tips

Always keep baby visible and kissable.

Read and follow all manufacturer's instructions, and watch videos if they're available.

Support baby's head and neck whenever feeding your baby in a carrier. Closely observe them while they eat. Reposition baby immediately after feeding in the "visible and kissable" position.

Remember, your baby's safety is your responsibility. If you have doubts about your baby's positioning, consult an expert.

# Visible & Kissable®

## Visible

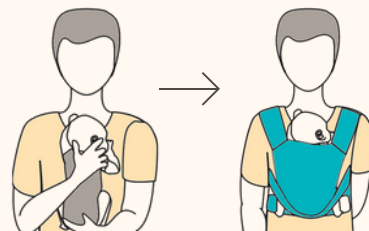
Baby's **eyes and nose should be easy to see** and above the top edge of the carrier.

## Kissable

Position baby in the carrier as you would in your arms: head at your collarbone; bum above your waist.

After securing the carrier, hug the baby. If you instinctively move them higher or closer, adjust carrier until it holds baby in the position you use when carrying them in your arms.

**When feeding your baby in a carrier, support baby's head and observe them closely. Return to upright position after feeding.**



## Protect the airway

Baby's **neck should be in a neutral position** with their head supported by the adult's body.

Babies can suffocate if the weight of their head falls forward, backward, or to the side without adequate support.

**Reposition if you notice changes to baby's coloring or breathing.**

Consult your medical provider if your baby was premature, has respiratory issues, or if you notice ongoing changes to baby's breathing.