

# Remember the acronym TICKS:

## Tight

Sling should hold the baby tight against your body, upright, facing you and positioned high on your body, with the head supported.

## In view at all times

The baby's face, nose and mouth should be uncovered by the sling and your body. You should be able to see the baby's face at all times simply by looking down.

## Close enough to kiss

The baby's head should be so close that you can tip your own head down and kiss the top of the baby's head.

## Keep chin off chest

Check the baby frequently to make sure his or her head is up — not resting on the chest. This will block the baby's breathing. If in doubt, gently tilt the baby's chin up.

## Supported back

Support the baby's back in a natural position so their tummy and chest are facing you. If you need to bend over, bend from the knees while supporting the baby's back.