

Baby Carrier Techniques

CORRECT

Baby Carrying Techniques

CLOSE

Their head should be close enough for you to kiss

CHIN UP

Your baby's chin should be up off their chest

IN VIEW

You should always be able to see their face

TIGHT

They should be secure in the carrier

SUPPORTED

Your baby's back should be supported



CORRECT

Baby Swaddling Techniques

HEAD

Turn your baby's head to the other side regularly

POSITION

Legs should be splayed outwards in the 'M' or 'froggie' position

SPACE

Allow space for baby to move legs upwards and side to side

