

Cradle Hold (birth to 3 months)

This position is a favourite for sleepy babies and for discreet breastfeeding.

1. Begin in the upright Tummy-to-Tummy position
2. Pull up on bottom ring to loosen the sling – make sure to hold your baby's weight
3. Reach into the sling from the side and gently move your baby to the side so her head is away from the rings – baby's feet and legs can be hanging out of the sling or can be covered up – be sure to only move the baby, not twist the actual sling
4. Once your baby is in position you can pull the tail up for some shade or privacy while breastfeeding – pull on centre of tail to give more support to baby's back and neck area for hands-free breastfeeding
5. Ensure that baby's chin is not touching her chest - you should be able to fit 2 fingers between baby's chin and chest.
6. Always avoid covering baby's airways – baby's nose and mouth should have adequate airflow at all times
7. You can return to an upright Tummy-to-Tummy position by lifting up on the bottom ring to loosen the sling and bring baby back to the upright position – once in position, tighten top edge to bring baby closer towards you
8. To get your baby out, follow the steps outlined in 'Getting Baby Out' – see page 9.

WARNING: The 'Cradle Carry' position should NOT be used with premature babies or babies under 8 pounds, this is because 'Positional Asphyxia' (suffocation) can occur in young babies. Suffocation can happen when a baby's chin is pressed against his chest, restricting airflow. Ensure that there is sufficient air flow around your baby's head and face to prevent suffocation especially when sleeping.

Carry Position #2

