

Welcome to Fife Sling Library!

part of SlingSure Carrying Consultancy

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*****Please read this leaflet before using the sling library!*****

Babywearing and Carrier Safety

There is a lot of babywearing safety advice available but the main things to check are that

Baby can breathe well

Baby is secure and will not fall

Baby is not overheating

Always be aware of your baby's visible face and aware of their breathing so that you can quickly be responsive if something changes

Carrying Safely

- Baby's chest is against your body, firmly supported by the sling or carrier. Make sure you know how to use your carrier or sling correctly and safely.
- You can clearly see your baby's face, with no layers of material (sling or clothing) or carrier parts obscuring their airway.
- Baby is not slumping or curled over, which can compress the chest and airway.
- Baby's face is level with the higher-up, flat part of your chest just under your collarbone. If they are lower down and turn their face to your chest, fleshier areas of your body may obstruct clear airflow.
- Older babies with head control are better able to protect their airway while awake, but while drowsy/asleep will still need regular checking to make sure their airway is clear and their upper body is not slumped.

One widely used checklist is the **'TICKS' Checklist for Safe Babywearing** –
Tight; In view at all times; **C**lose enough to kiss; **K**eeep chin off the chest; **S**upported back
Full version of the TICKS checklist is at www.babyslingsafety.co.uk

Positioning in the sling or carrier

Carrying your child in a spread-squat/'M' position, with bottom and legs well supported to the kneecap, will support healthy hip development and be more comfortable for you both.

Please feel free to contact Emma at the library if you have any questions about how to safely use a carrier with any age of child.

Image courtesy of Rosie Knowles of Carrying Matters
www.carryingmatters.co.uk



How I can help you

Library sessions	Private consultations
<ul style="list-style-type: none">• Brief advice and demos of library carriers in a public setting• Carriers can be hired until the next session• Bookable 'sling clinic' slots (from £5) for quick help with your own carrier or a bit more 1:1 time with Emma	<ul style="list-style-type: none">• In-depth, tailored support with choosing and using any carrier or sling• Hire service if required• Support for special circumstances• Booked outwith library sessions at your convenience, at my home or yours*

**I can provide home visits throughout Fife and Kinross (sometimes further!), with a mileage-based surcharge*

The Library

Fife Sling Library currently runs regular sling meets in Dunfermline and Kirkcaldy (details on Facebook or the SlingSure website). The library has a wide range of carrier types to hire, from stretchy wraps to tie-on slings and more structured buckled carriers, all listed in the online catalogue. Postal hires are also available.

Why hire?

- You'd like qualified help choosing a type of carrier, or want to try before you buy
- You'd like to borrow a sling for a special occasion or one-off situation (day trip out, holiday, holiday markets etc)
- You use a carrier already but would like to experiment with different types

How do I hire?

It's free to register with the library – just bring proof of identity and address with you. If you know exactly which carrier or sling you'd like to hire, and it's available, then it's a simple case of completing a loan form and paying the hire fee and refundable £50 deposit. If you're not sure which carrier to choose, you can have a browse yourself and try some on, using the weighted demo dolls.

For postal hires, the hire form and payment can all be done electronically, and you are also responsible for covering post and packing costs. You can pay with cash, bank transfer, debit/credit card or PayPal.

Library Terms & Conditions – the main points:

1. Please let us know if your child has an infectious illness at any point during the hire period. This allows us to take action to protect future users and will not affect your deposit.
2. Please do not wash your hired carrier, for allergy and safety reasons. Spot cleaning with plain water is fine – if you feel you need to clean more thoroughly, please drop me a line for advice.
3. Please look after the carrier as if it was your own and be aware that your deposit may be affected by damage or chemical staining to any part of the carrier. Please keep the carrier well away from any cigarette smoke.

A full copy of the terms and conditions can be viewed on request at a library session or downloaded from the 'Library' page at www.slingsure.co.uk

*Library sessions are run by Emma Gilmour,
a trained carrying consultant since 2011.*

**If you'd like to find out more, please visit www.slingsure.co.uk
or contact me via phone or email (see above)**