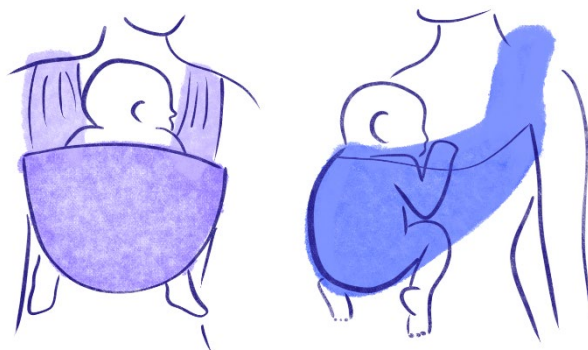


Baby Wearing Using the Scottish Baby Box Sling

A guide to baby wearing for patients on the neonatal unit



This leaflet provides information regarding the benefits to you and your baby.

You will find a short summary of when and how you can wear your baby using the stretchy wrap.

If your baby was born prematurely, with a low birth weight or are involved with a physiotherapist, please speak to a health care professional before trying to use the sling.

Neonatal Therapies
Simpsons Special Care Baby Unit
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Babies nestled in close to their parents are able to form stronger bonds with them, syncing in with their breathing patterns, detecting the sound of their heartbeat, understanding their moods and emotions better and feeling their movements as they walk, reach and bend around. Even better, there's also studies to show that babies who are carried often are happier, crying and fussing less! It can be a nice way to achieve skin to skin with your baby on the neonatal unit or when you go home.

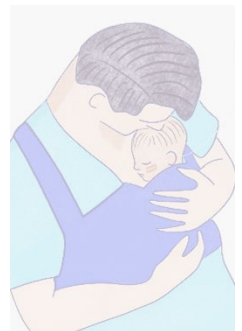
Benefits for baby:

- Improved temperature regulation
- Stability in breathing pattern and oxygen saturations
- Increased quiet sleep
- Reduced heart rate
- Reduced pain/ need for pain relief due to increased oxytocin
- Improved oxygen saturations
- Improved development
- Reduced crying
- Reduced reflux
- Improved digestion
- Earlier establishment of oral feeding.

Benefits for parents and carers:

- Increased and maintained breastmilk production
- Improved bonding
- Reduced post-natal depression
- Improved parental mental well-being during neonatal stay
- Easier to read baby cues
- Once home have ability to carry baby and have hands free.

The Scottish Baby Box sling is all you need to start your baby wearing journey. If you would be keen to learn more about this, please speak to one of the AHP team in the unit.



Who can baby wear?

Every parent or carer!

Whilst on the unit baby's two main carers can wear their baby using the stretchy wrap. Once home grandparents or other family members may also want to try.

Speak to one of the Neonatal Team if you have had recent c-section or previous back problems.



When can I start with my baby?

The main limiting factor to baby wearing on the Neonatal Unit (NNU) is weight. Baby must be at least 2.5kg before the stretchy wrap is used.

Babies who are on oxygen, high flow, tube feeds and IV's can all be placed in the wrap with support. Speak to one of the AHP team about starting.

Learning how to use the baby wrap

If your baby is under the care of Occupational Therapy, Physio, or Speech and Language, speak to them about our wrap training sessions.

If your baby was born after 36 weeks and didn't require time in Neonatal Intensive Care Unit (NICU) this video is great to follow.

If you are home, the Neonatal Community Outreach Team (NCOT) can support you to practice also.



<https://www.youtube.com/watch?v=Wvff8AR57Ws>

Which way should baby face?

Until 6 months corrected baby should always face into your chest. After 6 months you can consider "forward facing". However, you should never forward face in any carrier for more than 15 minutes due to the nerves and blood supply in babies hips. You could continue your carrying journey with a back carrier.

The **T.I.C.K.S.** Rule for Safe Baby Wearing

Keep your baby close and keep your baby safe.

When you're wearing a sling or carrier don't forget the **T.I.C.K.S.**



Tight - baby should always be tight in to your chest. But not so tight that you cannot breathe! Remember to check the shoulder straps before you wrap round your waste.

In view – you should be able to look at your babies face when you look down. Keep them in the right position and remember your shoulder flips.

Close enough to kiss – Babies face should sit against the hard, flat bit at the top of your chest. You should be able to gently bend your neck and kiss the top of their head.

Keep chin off chest – like when having cuddles and skin to skin with your baby, it is important to keep their airway safe by keeping their chin off their chest.

Supported back – baby should be well supported in the sling. You should be able to gently bend forward with your hand at their head and not feel them pulling away from you.

Important!

Always consider temperature. Baby will be getting both your body heat and warmth from 3 layers of sling fabric. Think about yours and babies clothing in hot and cold weather. In cold weather don't use snow suits or big jumpers under the sling. Add layers over the top of both you and baby.