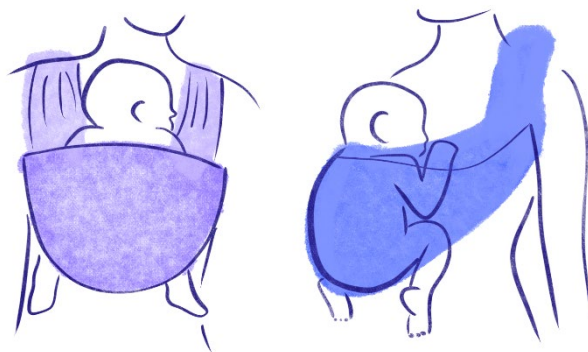


Baby Wearing Using the Scottish Baby Box Sling

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 sling.

This education leaflet should be used in conjunction with sessions from a trained baby wearing healthcare professional (AHP).

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.

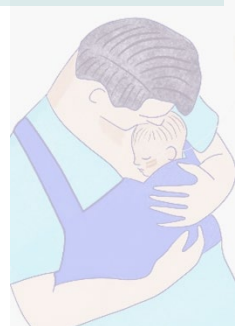
Benefits for baby:

- 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 sling. Once home grandparents or other family members may also want to try.



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 sling is used.

Babies who are on oxygen, high flow, tube feeds and IV's can all be placed in the wrap with support. You can start learning once your baby is 2kg.

Learning how to use the baby wrap

Your Occupational Therapist, Physiotherapist, or Speech and Language Therapist will provide this leaflet and follow up training sessions.

It can be useful to watch this video before your first session to know what to expect.

The first session will always be with a practice sling and using a doll. So don't worry if you haven't received your baby box or have your sling with you. We can also lend slings to parents if needed.



<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.

Before starting baby wearing you will receive a number of teaching sessions with a baby wearing AHP. This will normally follow the structure of three sessions below. AHP's are always happy to provide additional sessions or teaching as required. Please ask any questions or contact NeonatalFollowup@nhslothian.scot.nhs.uk. If you are ever unsure just ask! There are no silly questions, we would rather you were confident and your baby was safe.

Session 1:

This will cover the basics of how to use baby sling, introduction of TICKS and safety checks (including temperature)

First step is to watch a demonstration by a staff member applying the sling, positioning a doll and safety check.

Parents should then demonstrate how to apply the sling, with guidance from staff as appropriate, discussing safety checks at each stage.

You will then given a period to practice applying the sling independently, with support from this leaflet and the video.



Session 2:

We will start off reviewing any questions or concerns. We can also practice any bits you're not sure of.

We will then practice applying sling and putting doll in sling, discussing safety points.

If you are confident doing this staff will then help you to put your baby in the sling

Third teaching session:

This session will review putting baby in sling and taking out safely by yourself.

We will make sure you are happy with all the safety points.

Happy with positioning and keeping you and baby comfortable

Discuss washing and safety instructions

How to seek help if needed.

This does not have to be the last session. Each step can be repeated as many times as you need to feel comfortable wearing your baby. It should be a pleasant and enjoyable experience for both of you



Washing and Maintenance

You should always wash your sling following the manufacturer's instructions.

You should not use fabric conditioner or dry in direct heat as this can affect the stretch in the sling.

You should not cut the sling, cut off labels or adapt it in any way as this may affect the integrity of the material

If your sling is showing any signs of wear, fraying, or damage do not continue to use.

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.

Notes/Questions

