

Baby is safest close to a caregiver at all times. If using a baby carrier, make sure the baby carrier supports baby's natural development properly.

Baby is most secure when carried upright, chest to chest, in a carrier that supports baby's neck and hips. Baby's knees should be at or higher than baby's buttock, called the fetal tuck.



Tips for Safe Babywearing

- Make sure baby's head is visible at all times
- Check baby's airway frequently
- Wear baby upright chest to chest

- Support the slightly rounded back, baby not pushed into unnatural straight back position in the carrier
- Firmly support spread squatting position of baby. Legs outside the carrier
- Crotch piece needs to support baby from hollow to hollow of the knees
- Center of gravity needs to be close to babywearer with baby straddled around
- Carrier needs to be individual adjustable for baby and babywearer for optimal support
- Carrier should not restrict natural movement of baby
- Always have baby facing you, never out

Do not wear your baby on your back before he or she is 4 month old
Do not wear your child on your back if your child has a cold

Car Seats for cars, Baby Carriers to carry baby.



Car seats are designed to keep baby safe in a crash. They are not designed to hold baby the majority of the time. A forward slumping head can kink baby's airway. Always pay attention to baby's position in his or her car seat. If covering with a car seat cover, lift the cover frequently to check on your baby's breathing.

Your Health Care Provider



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Positional Asphyxiation



The Silent Killer

Expert advice for parents of newborns



Babywearing Institute

Positional Asphyxiation Putting newborns at risk

What is Positional Asphyxiation?

Positional asphyxia, is also known as postural asphyxia. It is a form of **asphyxia** which occurs when someone's **position** prevents them from **breathing** adequately.

In newborns this means the airway is kinked due to baby's heavy head resting with his chin on his little chest. However, it can also happen in all directions your little one's head can be turned.

Who is at risk?

Newborns from 0-4 month old are the greatest risk group.

- Babies under 4 months old
- Newborns with low birth weight
- Premature babies
- Babies with hypotonia (low muscle tone)
- Babies placed in reclined baby holding devices

Most often cases of positional asphyxiation are categorized as SIDS, however, there are significant differences.

Is your baby's airway restricted?

How to recognize your baby's airway might be obstructed due to his position

- Grunting or snoring noises
- Labored breathing
- Color change to bluish purplish
- Restlessness
- Squeaking noises
- Motionless

Positional Asphyxiation can take a baby's life in as little as 2-5 minutes, often baby will not make a sound.

Where can positional asphyxia happen?

- Car seats
- Swings
- Strollers
- Activity saucers
- Ill designed or incorrectly used baby carriers
- Crib
- Playpen
- Bike trailer

How to prevent positional asphyxiation

- Monitor your baby closely when placed in any baby holding devices
- Listen for unusual noises like grunting or labored breathing
- Check baby frequently when placed in a car seat while traveling in the car. Baby's head should not be kinked sideways or falling forward onto baby's chest
- Have a baby mirror system if traveling in a car alone with a newborn, stop and reposition your baby should his head slump forward or sideways
- Remove baby promptly from his or her car seat when arriving at your destination
- Never leave your child unattended
- Always put your baby in a safe sleeping place when baby is asleep
- Never let baby sleep in an infant swing, car seat used as hand held baby carrier outside the car, play pen, activity saucer, or in a baby carrier that has baby laying down in a reclined position or semi-reclined position
- Do not put your newborn (0-4 month old) on your back in a baby carrier
- Always put baby to sleep on his or her back in a suitable sleeping environment for your baby
- Make sure no loose blankets, pillows, or stuffed animals are in baby's sleeping area



Ask your health care provider with any additional questions you might have in keeping your newborn safe and secure.

If using used infant holding devices, check at www.cpsc.gov for recalls on the specific product you are about to use before placing your newborn in it.