

Make your baby sling more comfortable

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Buying a [baby sling](#) is easy, using it correctly so that it's comfortable both for

you and your baby may requires a little bit more patience. We have spoken with hundreds of parents who have used their baby slings day in and day out for months and compile their advice to make your life a lot easier.

- **Is baby high enough?** In a [baby sling](#), babies should be carried at 'kiss-level'. You should just need to tilt your head slightly to kiss their forehead. Their bottom should never be below your navel. When they grow, their head is just higher alongside yours. The baby's weight should not be pulling you down. If you find it's not the case, lift the baby's weight with one hand (under their bottom is the easiest) or bounce gently and pull tightly on the fabric.
- **Does baby stay high enough?** Once you have been carrying your baby for a few hours, is he still as high or do you feel the baby sling sagging a little? If he's as high, it's a good sign that your baby sling is correctly used. If you feel your baby sliding a little, it's a sign that your baby sling wasn't snug enough to start with. Lift the baby's weight with one hand and pull on the fabric to adjust it.
- **Is baby snug enough?** If you gently sway from one side to the other, baby should remain snug into you. Make sure that he is not dangling from one side to the other. The previous 3 checks are very important. They ensure that the centre of gravity stays within your body. You can stand straight without needing to lean forward or backward to compensate. This is why baby slings are often more comfortable even for parents who normally suffer from back pain. Now it's time to check your baby's position in the [baby sling](#): A baby should be in sitting position in a baby sling. He should not be fully upright with his legs dangling down where his legs would be bouncing on your legs as you walk.

Read more tips to use your [baby sling comfortably](#)...

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