

# Which baby sling should I buy?

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With so many baby slings to choose from, it can be difficult to decide which baby sling will be the best for you and your baby. Before you choose, it can help to have a think about how you will be using it. These simple questions will help you determine what you expect from your [baby sling](#) and how you are planning to use it.

1. How old is your baby? Most baby carriers are suitable from birth but if you are buying your baby sling before your baby is born, you need to make sure that you can use it from birth. If your baby is now a toddler, check the maximum weight.

2. Do you suffer from back pain? If yes, a [baby sling](#) that spreads the weight evenly around your shoulders, hips and back will ensure that you don't injure your back, even with a heavy toddler. You should not need to lean forward or back to compensate for your baby's weight. For that, baby will need to be held snugly against you.

3. Would you like to use your baby sling while breastfeeding? A well chosen carrier can make breastfeeding easier. Some slings are more suited to breastfeeding than others, read the description carefully or ask us for help.

4. What's your everyday life? Are you mainly in the countryside or in town? Do you take long walks in the country, or are in and out of the car several times a day. Do you need your hands free to look after older children? Your geographical location and the weather will be important as well.

5. Does your baby have any health condition? A [baby sling](#) will allow babies with reflux to be held upright for long periods of time, relieving the symptoms of reflux. Babies suffering colic pain will also enjoy being held in slings.

Most baby carriers can be used in all situations but each type of sling has its strength and disadvantage, uses they will be more adapted for. Take a moment to think how you would like to use your baby carrier and you will be on your way to many years of happy 'babywearing'!

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