

# Keep Baby Close, Comfortable, and Safe Simple Tips for Monitoring While Babywearing

## What does it mean to monitor baby?

Monitoring your baby is simple and intuitive—you're already doing it! With a few intentional check-ins, you can feel confident your baby is safe, comfortable, and well-positioned throughout your babywearing session.

## When to Check:

Look for natural moments to pause and check, such as:

- **Transitions.** (e.g., between activities or locations, indoors/outdoors).
- **Distractions.** (e.g., when busy, tending to other kids, errands or crowds.)
- **Sleeping or bundled.** (e.g., baby falls asleep, or is bundled up.)
- **Physical changes.** (e.g., changes in baby's position, or new movement.)
- **During feeding.** (e.g., when feeding baby while wearing.)



## What to check for?

Keep baby safe and comfy with these quick steps:

- **Breathe & Heartbeat:** Ensure steady breathing and heartbeat.
- **Position:** Head aligned, chin off chest, supported back, and legs in "M" position (knees above bum).
- **Carrier Fit:** Readjust baby and Retighten carrier as needed.
- **Temperature:** Check if baby is too hot or cold; adjust layers as needed.

## Tips for Building the Habit

- Pair check-ins with daily activities like passing doorways, sipping water, or starting a new task.
- Set a timer for busy moments to check every 15–30 minutes.
- Use your senses: feel baby's warmth, hear their sounds, and enjoy the connection.

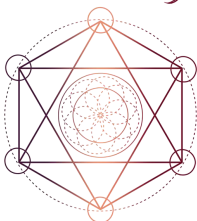


## You've Got This!

These check-ins aren't about stress—they're about comfort and connection. With practice, they'll feel natural.

**Need help? Contact your babywearing educator!**

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