



Poppins Day Nursery Baby Wearing Policy

Baby wearing has been around for as long as women have been having babies! It is the practice of wearing your baby, these days, in a specifically designed baby carrier, sling or wrap that is safe and ergonomically designed to support baby while protecting mother's back and babies backs too.

At Poppins Day Nursery our ethos is to provide a safe, loving and nurturing environment, therefore we have decided to invest in an approved baby carrier with an ergonomic design called Integra. We have chosen this carrier because Integrababy is acknowledged by The International Hip Dysplasia Institute as a hip-healthy product plus all Integra carriers have been tested to meet BS EN 13209-2:2015 and ASTM f2236-16 standards.

Baby wearing has so many benefits for a young child's development and at Poppins we want all children to feel nurtured and loved so they develop into happy, independent learners. We know children develop secure attachments from birth, by supporting these in a childcare setting children will develop better emotional stability and resilience. These are important as children are less likely to experience poor mental health, leading to a better outcome for their future. Baby wearing supports our key person approach and develops positive relationships with the children in our care, allowing them to feel safe, confident, and develop their voice by instilling these strong attachments.

On a holistic level, baby wearing meets baby's need for closeness and helps their key person to be sensitive to their needs. Baby wearing promotes bonding, secure attachments, and healthy development emotionally. The baby will have more opportunities for close interactions which help develop their communication and language skills, which is at the very heart of our curriculum. Baby wearing supports a child's independence, cognitive and social development, all whilst meeting their emotional needs.

How will Poppins Day Nursery ensure baby wearing is safe;

- All staff will be trained in using the carrier following the Manufacturers instructions, which will be attached to this policy. All staff are required to sign this policy to acknowledge they understand the benefits of baby wearing and have received training on how to use the carrier safely.
- Staff using the carrier must check the width of the seat every time you use your Integra and loosen the accessory strap when needed, so your growing baby is supported well. Te accessory strap must be used to make the seat smaller as required. To get a perfect fit for your baby, the seat of the Integra should provide support from the back of one knee to the back of the other knee. Their bottom should be at the same height or just below their knees.
- When using the carrier it is important to check that the fabric is evenly distributed across the width of the seat and not bunched up creating pressure points, especially around the knees.
- Wear baby nice and high. Baby should be 'close enough to kiss'. This will ensure their safety and your comfort.

- Ensure baby is centred in the Integra. This will improve comfort for both of you. The straps should be even so baby feels level and not on a slant. This will keep baby in the best position to support their backs and ensure they are not slipping down the carrier.
- Use the additional 'hood' folded over and tucked behind baby's head using the small buckles either side to provide baby with additional head support if required.
- As Poppins Day Nursery has purchased the 'size 1' carrier this can be used from birth up to the age of 2 years.
- Students are not to use the baby carrier.
- The baby carrier is not to be left around children when not in use.
- The practitioner must use the carrier for the intended purpose and for a sensible period of time, depending on the needs of the child. The practitioner must look and listen for cues the baby wants to be removed from the carrier and respond accordingly.
- When using the carrier staff will make sure it is not too tight and not too loose. They will ensure they following the **TICKS** rule of safe baby wearing:

- **T**ight
- **I**n view at all times
- **C**lose enough to kiss
- **K**eeP chin off the chest
- **S**upported back

Policy written by Sam McCann on 9th December 2022.

Review date December 2023 or sooner if advice received from the Manufacturer.