



How to buy a sling

Try before you buy: Some slings will suit you better than others, depending on your body and your baby.

Wearing your baby soothes fussiness and promotes bonding.

A sling keeps your baby close and leaves your hands free.

what to look for when buying

Comfort for you: A sturdy, wide piece of fabric will distribute weight evenly and save your body from strain. If sharing the sling, make sure it's easily adjustable.

Comfortable fabric: Look for fabric that's soft and breathable so your baby won't overheat. Some slings have padding for extra comfort and support.

Versatility: Most offer multiple positions. Newborns nestle close to you, and older babies face outward on your hip or back for a better view.

Ease of use: You should be able to take the sling on and off easily, get your baby in and out without help, and breastfeed (if you plan to) while wearing the sling.

Sturdiness: Make sure the fabric will support your baby securely and that any rings, buckles, or snaps are durable and in good working order.

what to avoid

Overheating: Your baby may get too warm pressed against your body, especially on a hot day.

Suffocation: Your baby's face should be visible (at or above the rim of your sling), not pressed against the fabric or you.

what it's going to cost you

Slings range in price from
\$30 to \$70.



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