

BABYWEARING WITH SOFT CARRIERS



Babywearing is a time-honored practice used around the world that helps build a deep connection with our babies. It allows caregivers to keep their hands free and move more easily through the day.

Here are some benefits of babywearing:

- Babies who are worn in carriers cry less.
- Babywearing supports babies' emotional development.
- It helps babies get stronger as their bodies develop.
- Babies can hear conversations, which aids in their language development.
- Babywearing can assist caregivers dealing with postpartum depression and anxiety.
- Physical closeness can enhance breastfeeding success because it encourages milk production. Many carriers make it easy and discreet to breastfeed.
- It can help caregivers become more confident and more aware of a baby's needs.



There are many methods of babywearing, from traditional wraps to retail carriers. Whatever option you choose, safety is the key. Always ensure that the baby's head is supported, they can breathe comfortably, and they are secure in the carrier. Additionally, it's important to position the baby in a way that doesn't strain your own body.

For more safety guidelines, see the next page.

BABYWEARING SAFETY

- For newborns, keep your baby facing inward, snug against your chest.
- Position them high enough that you can easily kiss the top of their head.
- Ensure their legs form an “M” shape, with knees bent and hips naturally spread.
- Support their head and neck, making sure their chin is not pressed to their chest.
- Keep their face visible and free from fabric so you can monitor their breathing and position at all times.



Babywearing Safety Guidelines

The American Academy of Pediatrics provides important safety guidelines to help ensure you and your baby are safe and comfortable when using baby carriers. Always follow the safety instructions that come with the carrier you choose.

Choose the Right Carrier: Avoid using upright carriers, like backpacks, for premature infants or babies with respiratory problems.

Proper Use of Slings: When using a sling, make sure your baby's body does not bend into a “C” shape. Their neck should be straight, and their head should be above the fabric to keep their airways clear.

Choose a Safe Carrier: Use a carrier that is the right size for your baby and made from strong materials. It should provide support for your baby's back and prevent them from slipping out of the leg openings.

Backpack Carriers: If you are using a backpack-style carrier, ensure that the aluminum frames are padded.

Regular Checks: Frequently inspect your carrier for any signs of wear and tear, such as torn seams or broken fasteners.

Bend Your Knees: When lifting or placing your baby in the carrier, bend at your knees instead of your waist. This technique helps prevent your baby from falling and reduces the risk of straining your back.

Secure Straps: Before you start walking, make sure to securely fasten all restraining straps and confirm that your baby is seated safely in the carrier.