

Wearing Your Baby

Parents all over the world wear their babies. They wear them different ways and for different reasons, but with the same beautiful result – a baby who is secure, attached, and aware.

Babywearing busts the myth that holding young babies will cause them to become “spoiled” or develop the need to be held all the time. Research continues to show that when young babies are held frequently, they feel safe and secure and they learn to trust other humans. This actually helps a baby to be more independent as they get older. Trust is vital for humans to develop healthy relationships with other humans. See our information on *Won't I Spoil My Baby?*

Research shows that babies who are worn:

- Tend to cry less, an observation that anthropologists have seen around the world.
- Spend more time in a quiet alert state. This is when babies are most content and most able to interact and learn from the world around them. Being worn allows babies to be “where the action is.” This helps them to absorb more from their environment while feeling safe and secure.
- Appear to be better balanced since being in a carrier mimics the rhythm of being in utero. The familiar heartbeat and breathing of mom, as well as the rhythm of walking, makes for a smoother transition to independent life, or life on the outside.

There are benefits for parents, too!

- Babywearing is convenient for parents and may be more comfortable than holding your baby.
- Cuddling close in a carrier is a wonderful way to get to know your baby, and for your baby to get to know you! This bonding is an amazing benefit for mothers, fathers, grandparents, and every adult in a baby's life.
- Babywearing has been found to be helpful for mental health, especially for mothers with postpartum depression or anxiety. Wearing your baby allows you to keep your baby safe and secure, while allowing you to have your hands free.

The *Basics of Babywearing* (see reverse side) covers important considerations to help you safely wear your baby. Continued practice will also help you become more comfortable!

BABYWEARING RESOURCES

- www.babywearinginternational.org is a wonderful resource. The local Babywearing International of Omaha (BWIO) chapter has a Facebook page; like or message the page for meeting dates and times. There is also a closed group. It is a great place for discussion and in-depth virtual assistance.
- The following YouTube channels have great videos on correctly using different carriers: Wrapping Rachel | Britt Brown Marsh | Wrap You In Love.
- www.thebabywearer.com has “How To” forums and reviews of carriers.
- MilkWorks O offers a monthly *Breastfeeding & Babywearing* class.

MilkWorks
LINCOLN & OMAHA



Community Breastfeeding Center

5930 S. 58th Street
(in the Trade Center)
Lincoln, NE 68516
(402) 423-6402

10818 Elm Street
Rockbrook Village
Omaha, NE 68144
(402) 502-0617

For additional
information:

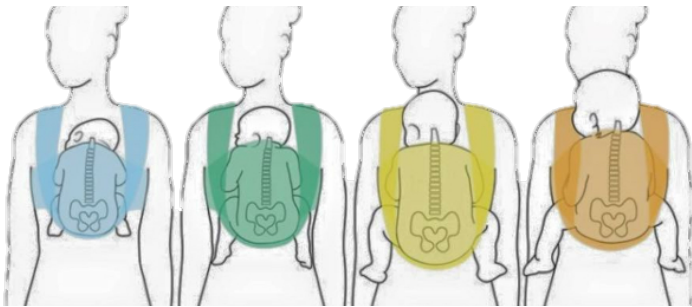
www.milkworks.org

BASICS of BABYWEARING

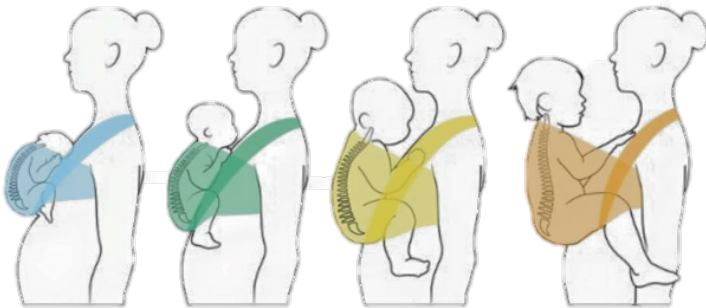
TIGHT & IN SIGHT

YOUR BABY SHOULD BE POSITIONED IN THE SAME WAY THEY WOULD BE IF YOU WERE HOLDING THEM. WHEN YOUR BABY IS SNUG IN THE CARRIER, THEY WILL NOT MOVE DOWN ONCE YOU LET GO.

YOU SHOULD BE ABLE TO SEE YOUR BABY'S FACE JUST BY GLANCING DOWN – WITHOUT NEEDING TO MOVE THE CARRIER.



0-3 months 4-6 months 7-9 months 10-12+ months



Baby's knees should be level with, or higher, than their bottom & in the letter "M" position.

SUPPORT

TEST HOW WELL YOUR BABY IS SUPPORTED BY PRESSING GENTLY ON THEIR BACK. YOUR BABY SHOULD NOT UNCURL/MOVE CLOSER TO YOU. YOUR BABY'S BOTTOM SHOULD BE IN THE DEEPEST PART OF THE CARRIER.

KEEP CHIN UP

BABY SHOULD HAVE ABOUT 1 INCH (2 FINGERS) OF SPACE BETWEEN THEIR CHIN AND THEIR CHEST. THIS WILL KEEP BABY'S AIRWAY FREE. A CURLED CHEST MEANS RESTRICTED BREATHING!

CLOSE
ENOUGH
TO KISS!

YOUR BABY'S HEAD SHOULD
BE CLOSE TO YOUR CHIN.
**YOU SHOULD ALWAYS
BE ABLE TO
KISS YOUR BABY!**