

Wearing Your Baby

Parents all over the world wear their babies in different ways and for different reasons, but with the same beautiful result- a baby who is safe, secure, attached, and ready to learn.

Babywearing busts the myth that holding a young baby “too much” will spoil a baby or cause a baby to want or need to be held all the time. Research shows that when babies are held frequently, they feel safer, more secure and they learn to trust other humans. This helps a baby to be more independent as they get older. Trust is vital for humans to develop healthy relationships with other humans. (For more information, see our handout ***Won't I Spoil My Baby?***)

Studies show that babies who are worn regularly:

- Tend to cry less – as observed by anthropologists 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 in a carrier allows your baby to be where the action is. This helps a baby 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 life outside of the womb.

There are many benefits for parents, too!

- Babywearing is convenient for parents and may be a more comfortable way to hold your baby. Wearing your baby allows you to have your hands free while keeping your baby safe and secure.
- 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 kind of bonding benefits mothers, fathers, grandparents, and every adult in a baby's life.
- Babywearing has been found to have lasting mental health benefits, especially for mothers with postpartum depression or anxiety.

Basics of Babywearing (see reverse side) covers important considerations to help you safely wear your baby. Frequent practice is the best way to help you (and your baby) become more comfortable with babywearing!

Babywearing Resources

- The local [Nebraska Babywearing Alliance \(NeBA\) Facebook page](#) is a great place for discussion and in-depth virtual assistance. Like or message the page for meeting dates & times!
- The following YouTube channels have videos on using different carriers correctly: [Wrapping Rachel](#) | [Britt Brown Marsh](#) | [Wrap You in Love](#).
- www.thebabywearer.com has “how to” forums and reviews of carriers.
- MilkWorks offers a FREE monthly *Breastfeeding & Babywearing* class – see our calendar to sign up!



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BASICS *of* BABYWEARING

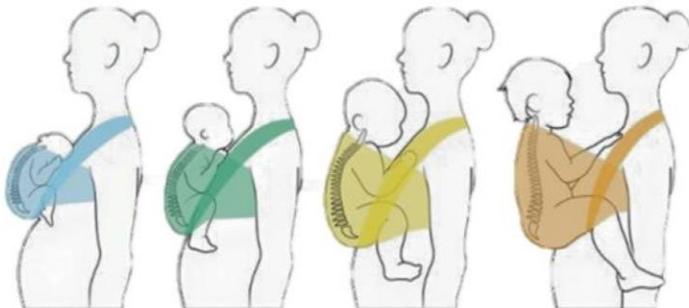
TIGHT & IN SIGHT

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.

CLOSE
ENOUGH
TO KISS!

YOUR BABY'S HEAD SHOULD
BE CLOSE TO YOUR CHIN.

**YOU SHOULD ALWAYS
BE ABLE TO
KISS YOUR BABY!**

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!