

What is Babywearing?

Babywearing is the practice of carrying an infant or young child in a sling or carrier attached to a caregiver's body. Babywearing allows for hands-free caregiving while keeping the baby close and promotes responsive parenting. This age-old tradition offers numerous benefits as listed below:



Benefits of Babywearing

Bonding

Enhances emotional connection between caregiver and baby through close physical contact.

Convenience

Allows for hands-free caregiving. Enables parents to engage in daily activities while keeping baby close.

Calming

The gentle motion and warmth of babywearing can help soothe fussy or colicky infants.

Development

Promotes healthy physical and neurological development for baby through proper positioning and movement. Stimulates baby's vestibular system.

Breastfeeding

Facilitates breastfeeding on-the-go and promotes a discreet and comfortable environment for nursing. Promotes cue-based breastfeeding.



Responsiveness

Enables caregivers to monitor and respond promptly to the baby's cues, fostering better communication.

Security

Provides a sense of security for the baby and promotes feelings of safety and comfort.

Social Interaction

Allows baby to be an active participant in daily life by encouraging social interaction and learning.

Sleep

May contribute to improved sleep patterns for the baby through the closeness and rhythmic motion.

Versatility

Babywearing is adaptable to changing needs as a variety of carriers accommodate different ages and stages.

Pro Tip!

If using an upright carrier, you can breastfeed in the koala position with the baby sitting upright and your breasts within baby's reach. If using a ring sling or pouch, you can breastfeed in a cradle-hold with baby's legs outside of the carrier and bottom tucked in the carrier.

Safety Tips:

- Be sure to keep the baby within kissing distance.
- Keep baby's neck straight at all times and avoid having the baby in a slouched position to prevent airway obstruction.
- Ensure that baby can breathe freely and that the airway is free from fabric or compression against your body.
- Keep the baby away from a hot stove or surface - avoid wearing baby while cooking in front of the stove.
- Always follow the manufacturer's instructions.

Need help with breastfeeding positioning while babywearing?

Schedule your follow up appointment with your Nest IBCLC by going to our website www.nestcollaborative.com or by calling (888) 598-1554.

