

Baby Wearing



Benefits for Babies

- ✓ **Carried babies cry less.** Studies have shown that the more babies are held, the less they cry in the early months and in the following year. Crying can permanently alter the nervous system by flooding the developing brain with stress hormones. This can lead to babies being overly sensitive to future trauma, post-traumatic stress and panic disorders—even into adulthood.
- ✓ **Carried babies are calmer and more content.** They have a more regular respiratory rate, heart rate, and steady internal body temperature. Carrying promotes a sense of security and contentment.
- ✓ **Carried babies sleep more peacefully.** Keeping baby close helps baby organize his sleep and wake cycles. Nap times are spent in constant motion. Night-times are dark with a loving parent nearby. This helps baby know the difference between daytime and nighttime.
- ✓ **Carried babies gain weight better.** Premature babies who are touched and held gain weight faster and are healthier. Full-term babies nurse more frequently when they are close to the nursing parent.
- ✓ **Carried babies have better digestion.** The constant motion and frequent small feedings associated with carrying help promote good digestion. Babies who are carried spit up less after feedings.
- ✓ **Carried babies develop better.** Carrying enhances motor skills by stimulating the vestibular system used for balance. Baby constantly readjusts his muscles as mom or dad moves around. Carried babies are less likely to have an asymmetrical head shape because the soft carriers keep the pressure off the backs of their heads. Frequent eye contact and speaking to baby helps promote greater visual alertness and language development.

Benefits for Parents

- ✓ **Carrying babies frees your hands** and lets you get on with your life. You can go out confidently, knowing that baby is in a comfortable, safe place.
- ✓ **Carrying babies makes you physically stronger** and allows you to take walks with your baby. No muscle fatigue in your arms.
- ✓ **Need to work?** Working on the computer – no problem if you've got baby in a sling. Dusting, sweeping, washing dishes – baby is right there with you, enjoying the movement!

Learn more at:

<https://www.askdrsears.com/topics/health-concerns/fussy-baby/baby-wearing/benefits-babywearing>

<http://babywearinginternational.org/pages/safety.php>



Cautions:

Check to ensure that your baby is not curled up tightly in a chin-to-chest position; this compresses your baby's airway. Make sure there is a fingers' width or two between their chin and chest is a good guide. Make sure your baby's back is straight and supported.

Monitor your child at all times. Make sure nothing is obstructing their face. Be aware of how your movements affect the baby: avoid any bumping or jarring motions.