

## Benefits of Babywearing

- Babies cry less and are calmer when being carried and have a smoother transition into the world, also known as 4th trimester.
- Caregiver's hands are free to care for other children or do other work.
- Parents interact more frequently with baby when wearing them.
- Babies experience with caregiver- see, hear, feel what the parent is seeing, hearing, feeling.
- It increases quiet alert times, which improves parent interaction and increases baby's learning time.
- It helps the baby develop head and torso control and balance. Also can strengthen the caregiver's core muscles and posture.
- It can help with digestive issues for baby to be upright after feedings which is easier while babywearing.
- It improves bonding between the baby and the wearer, even if it's not mom. Especially when done skin to skin.
- It can make nursing discreetly and nursing on the go easier. Usually gets easier when the baby has some good head control and can latch easily.
- Even without nursing in a sling, a 2012 study found that the act of carrying babies in carriers increases breastfeeding rates in older babies.
- Babywearing can decrease postpartum depression. It helps increase mom's confidence as a parent.
- It's not just for little babies, even toddlers and preschoolers can be worn which can help with safety in crowds, it's easier and more comfortable to carry bigger kids in a carrier, and promotes nursing and bonding.
- Big emotions call for big bonding moments with toddlers. Babywear can aid in those intense times.

## Babywearing safety remember the babywearing TICKS

T- Tight

I- In view at all times

C- close enough to kiss

K- keep chin off chest

S- snug, supported back

Helpful handout and blog post linked below:

<https://i.pinimg.com/originals/45/f8/28/45f828354283539ffdea2ea4a9d342e4.jpg>

<https://twincitiesmidwifery.wordpress.com/2015/07/21/baby-wearing/>

## Types of carriers

- It can take some trial and error to figure out what carrier is best for you and your baby. There are lots of types of carriers. And they are kind of like jeans; your jeans are not going to fit me the same as they fit you.
- You may not like one carrier, try another one. I tried several before finding one my first baby was happy in, but we did find the perfect one.

- I have had a different favorite carrier with each of my 4 babies.

## Resources

How to find a local babywearing group-

- <https://wrapyourbaby.com/babywearing-groups/>
- <http://www.cbws.org/locator>
- <https://www.babywearinghelp.org/>
- Finding a local small business that sells baby carriers. Often they can help you try on before buying and check for a good fit.
- Find other babywearing moms. Often in a moms group someone will be familiar with babywearing.

Tricities, Wa local babywearing group-

The Carrying On Project, Mid-Columbia Playdate

Find us and our meetings on our webpage, or Facebook (quickest response time)

[www.tcopmidcolumbia.org](http://www.tcopmidcolumbia.org)

Facebook page- TCOP Mid-Columbia Babywearing

<https://www.facebook.com/TCOPofMCWA/>

Group- TCOP Mid-Columbia Babywearing Playdate

<https://www.facebook.com/groups/TCOPmidcolumbia/>