



Baby Wearing

Baby wearing is common in many cultures around the world. Due in part to the promotion of slings in attachment parenting books, in stores and on the Internet, more and more American parents are learning about baby wearing. The sling is the most practical, comfortable and versatile method of carrying your baby. Unlike front pack type carriers and back packs, slings can be used for newborns and toddlers alike. Slings make breastfeeding easy and discreet, and slings are much easier on the easily wearied arms and backs of parents.

The Benefits of Babywearing

- ? Babywearing **simulates** the sensations of pressure, motion, warmth and security of **the womb**.
- ? Carrying your baby in a sling **reduces** her level of **stress hormones**.
- ? Babywearing can **greatly reduce crying and fussiness**. It also helps your fussy or tired baby fall asleep.
- ? Babies **sleep longer** and more comfortably when in a sling.
- ? Sling babies have a **reduced incidence of colic** and are less susceptible to vomiting and excess spitting-up.
- ? Toddlers who were/are carried in slings initiate separation sooner, and become more self-reliant.
- ? Babywearing **strongly benefits premature infants and lowers their mortality rate**.
- ? **Frees your hands:** parents who wear their babies can more easily accomplish daily activities, tasks and chores.
- ? The natural movement and stimulation provided by being in a sling **promotes neurological development**.
- ? Babywearing gives children the message that they are safe, secure and loved.
- ? Babywearing is **the most comfortable way to hold a baby**. You can use a sling on your shoulders, back or hip distributing your baby's weight evenly.
- ? Wearing your baby provides constant and easy access to **breastfeeding**, and makes nursing in public easy and discreet.
- ? Wearing your baby helps you develop a **secure mutual attachment**.
- ? Babywearing **increases parental sensitivity** to a baby's needs.

