

the joy of babywearing

Benefits

Bonding

The closeness between parent and child in a sling helps bonding. You can get to know each other and learn to communicate and trust each other, whilst carrying on with life.

For baby ...

Less stress

Babies are soothed by movement and personal contact. From the safety of the sling they can determine their own levels of interaction with the world around them.

Regulates systems

Contact with an adult helps newborns regulate their temperature, breathing, and heartbeat. Kangaroo care is now widely used with premature babies for these very reasons.

Physical development

The movement associated with being carried develops baby's balance and muscular strength.

Cry less

Baby's who are carried more and are responded too quicker have been found to cry less.

Breastfeeding

You can breastfeed discretely in a carrier. Some mums find that with practice they can even feed hands-free.

Communication

A carried newborn can see your face, and gets more experience of language, facial expressions and body language.

Stimulates learning

Carried babies spend more time in the quiet alert state required for learning. A babe-in-arms can observe the world and touch, itself, has been found to stimulate the growth of brain cells.

For you ...

Comfortable

A well chosen baby carrier distributes your child's weight well, allowing you to carry them more easily, for longer periods at a time, and as they get heavier. Most carriers are suitable up to 16kgs, 3 or 4 years.

Freedom of movement

A baby carrier gives you greater freedom to move around than a pram or pushchair. It is easy to move up stairs and through small spaces, making shopping, public toilets, and walking over rough ground easier.

Hands free

A baby carrier can give you back your hands, allowing you to look after older children, do housework and get on with the things you want to do.