

Benefits

For you ...

Freedom of movement

A baby carrier gives you greater freedom to move around than a pram or pushchair. Easy to move up stairs and through small spaces, making shopping, public toilets, and public transport easier.

Reduced postnatal depression

The physical closeness and a happier baby can also help mothers suffering from postnatal depression.

Hands free

A baby carrier can give you back your hands, allowing you to get on with the things you want to do.

Comfortable

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

Exercise

A baby carrier makes taking exercise easier. The associated health benefits are numerous and include promoting bone density to protect against osteoporosis, reducing risk of heart disease and boosting the immune system.

For baby and toddler ...

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.

Regulates systems

Contact with an adult helps newborns regulate their temperature, breathing, and heartbeat.

Breastfeeding

You can breastfeed discretely in a carrier.

Physical development

The movement associated with being carried develops babies' balance and muscles.

Communication

A carried newborn can see your face, and gets more experience of

language, facial expressions and body language.

Cry less

Babies who are carried and responded to quicker have been found to cry less.

Stimulates learning

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

Bonding

The closeness between carer and child in a sling helps bonding. You get to know each other and learn to communicate. Grandparents, dads, and other family and carers can all carry the baby, developing their own special relationship.

Babywearing Slings and carriers



There are many different baby carriers and slings available, with something suitable for every parent's style. This guide will help you find a carrier to suit you.

Babywearing is a new skill that may require a little time, practice and often a little help to master, but other parents are always available online and locally to assist.



Sling Meet

Meet sling parents around the country

You want to carry your baby while you carry on other activities
You want to buy a carrier but you're not quite sure which one
You have a carrier but can't get a comfortable fit
You've never used a baby carrier but wouldn't mind trying
You would like to share your baby wearing experience
You would like to meet other parents who carry their children

Then come and join us:

Visit www.slingmeet.co.uk or call us: 0845-862-0073

Types of baby carrier

All the carriers listed here can do a range of different positions and ages - front, back, hip and newborn to 3 or 4 years.

Success with using them comes down to personal preference, body shape and a little perseverance or help.



Ring sling

A ring sling is a rectangle of material with rings sewn in at one end. Worn over one shoulder it forms a pouch in which baby lies or sits and is adjusted using the rings.

- versatile
- very adjustable for exact fit so can be used by different sized adults
- some learning curve for adjusting using the rings
- may be less comfortable for longer periods or with a heavier child

Padded ring slings are easier to learn, but an unpadded ring sling allows for greater adjustability and more versatility.



Wrap

A wrap is a rectangle of material, wrapped around you and baby and tied. Wraps come in a variety of widths and lengths, and are usually worn over both shoulders

- versatile - front, back and hip carries
- comfortable for long periods and heavier babies or toddlers
- very adjustable for exact fit and can be used by different sized adults
- more of a learning curve than some carriers

Stretchy wraps are easier with a newborn, whereas woven wraps are more supportive for a heavier child.



Asian baby carrier and soft structured carrier

An asian baby carrier (ABC) is a soft carrier with a rectangular body and straps, fastened by tying or buckles. A structured soft carriers has buckles and more padding.

- easy to learn
- comfortable for long periods or with a heavier child
- one size can be used by different sized adults
- great for back carries
- more suitable for babies with good head control

The mei-tai is the most common abc, with four straps and ties around the waist.

Pouch

A pouch is a tube of material worn over one shoulder to create a pocket for baby to lie or sit in. Great for new parents and newborns because of their simplicity, but less adjustable.

- easy to use
- limited adjustability
- custom fit - pouch needs to fit you, so probably won't fit both parents
- less comfortable for longer periods or with a heavier child

Some pouches are non-adjustable, others have zips or poppers to give more adjustability.

How to choose a sling

There are many different brands of sling, available from numerous retailers. This can make it difficult to choose one. Come along to a local **Sling Meet** to try out different carriers, and to find out how to make the most of your sling and see what works for you.

Useful guide to choosing your carrier at www.slingmeet.co.uk/sling_buying_tips.html



TheBabywearer.com

Everything you ever wanted to know about babywearing...is right here.

International website with lots of advice, forums and product reviews.