

# Benefits and **Bliss** of Babywearing



# What is Babywearing?

“Babywearing” simply means holding or carrying a baby or young child using a baby carrier. Holding your baby is natural and universal; baby carriers make it easier and more comfortable.

Babywearing is a powerful tool for parents and caregivers. It helps a new dad put a fussy newborn to sleep. It lets a new mom use both hands to make a sandwich. It lets an experienced parent or caregiver carry a baby on her back and wash the dishes, do the laundry, take a hike, weed the garden ... all while keeping the baby safe and content.

for more information  
visit our website

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

Carry your baby  
comfortably  
and enjoy

hands-free convenience,  
a strong bond, and

a happy baby



Bringing together  
babywearers everywhere



# the benefits:

Babywearing makes it easier to care for a baby, and babies love it!

- Held babies are happy. The more babies are held, the less they cry.
- Held babies thrive. Newborns who are held close have a steady breathing rate, heartbeat and body temperature. They sleep better, feed better and gain weight faster. Older babies can interact with the people around them easily, and frequently carried babies tend to sit, stand and walk at an early age.
- Babywearing caregivers are hands-free and not housebound. They can easily prepare meals, care for older children, or do other daily tasks while carrying a baby, awake or asleep. Also, they can easily and safely navigate stairs, buses, narrow store aisles, woodland paths and beach sand.
- Babywearing families bond. Physical closeness helps a new mother recover from birth. Fathers, adoptive parents and grandparents find that babywearing gives them a crucial role in baby care and helps them get to know their baby better. As the baby grows, the family's emotional relationships are strengthened by the convenience and comfort babywearing provides.



One study found that frequently carried 6-week-olds cried 43 percent less than others

## We help parents and caregivers learn babywearing as a skill

## Local chapters are the heart of our organization

At Babywearing International, our mission is to promote babywearing as a universally accepted practice, with benefits for both child and caregiver, through education and support.

## Babywearing International chapters are community resources

### Breathing new life into an ancient tradition

In many cultures, mothers carry their babies in rectangular pieces of cloth or in cloth carriers with straps, and the practical art of carrying a baby is passed from generation to generation. This tradition is not deeply rooted in modern industrialized societies, so Babywearing International chapters were formed to bring together experienced babywearers and caregivers interested in learning to use carriers.

### Friendly educational meetings

Babywearing International chapters meet regularly to share information with parents and caregivers. Meetings are always free to attend, and all interested parents and caregivers are welcome.

### Help choosing and using baby carriers

All Babywearing International chapters are led by volunteer babywearing educators with extensive knowledge of different types of baby

carriers. Babywearing International chapters do not sell baby carriers or endorse any brands of baby carriers. Many chapters, however, have baby carrier libraries so that members can borrow carriers. Regardless of whether a chapter has a carrier library, there are always several types of carriers available to try at meetings.

### Support and resources

Babywearing International volunteer babywearing educators and members want you to be comfortable in every sense while you're carrying your baby. Chapter meetings provide ongoing support in a friendly environment. Also, we offer helpful articles through our website as well as free online support through the Babywearing International internet discussion forum.

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

