



CELEBRATE
BABYWEARING

Fact Sheet

www.babywearingweek.org



photo by: rebecca-linh rodgers

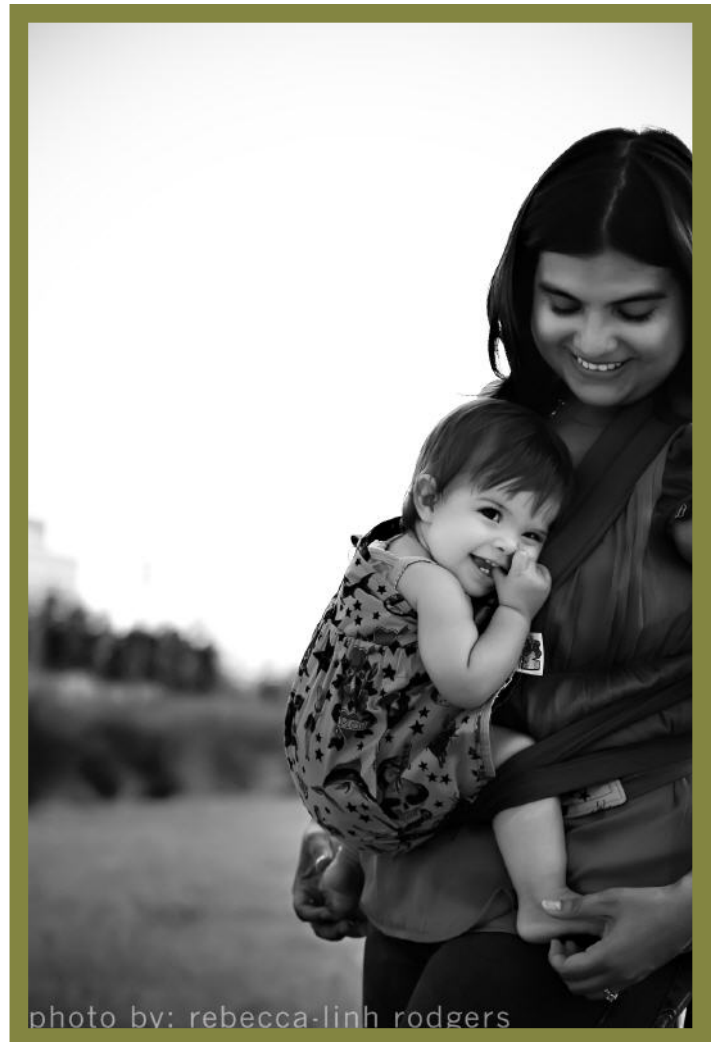
**International Babywearing Week 2011
October 10-16**

**Presented by Babywearing International Inc.
And TheBabywearer.com**

What is Babywearing?

“Babywearing” simply means holding or carrying a baby or young child using a baby carrier. Holding babies is natural and universal; baby carriers make it easier and more comfortable, allowing parents and caregivers to hold or carry their children while attending to the daily tasks of living. Babywearing helps a new dad put a fussy newborn to sleep. It allows 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.

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Babywearing is a Skill

There are many baby carriers on the market. However, a commercial baby carrier is not necessary for babywearing. Many people use simple pieces of cloth to safely and comfortably carry their babies. Additionally, there is a learning curve with any baby product, including commercial baby carriers. Parents and caregivers often benefit from thinking of babywearing as a skill they can learn, rather than as the result of a product they can buy. Many babywearing techniques can be learned in just a few minutes. Some techniques, such as carrying a baby on your back, take more time and practice to master, but the extra effort is rewarded with liberation and increased comfort.

Credits

Photos: Cover, p 2, p 3, p 5: Rebecca-Linh Rodgers, www.rebeccalinhodgers.com; p 4: clockwise from top: Kristen Stewart, Kristen Stewart, Heather Ethriedge, Valerie Frederic, Kristen Stewart. Kristen Stewart's website is www.kstewartphotography.com.

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Babywearing has benefits for both child and caregiver

Medical professionals agree that infants thrive through touch; “wearing” your baby is another way to meet this need. But the benefits of babywearing don't end there ... babywearing offers many other advantages, some of which include:

- **Happy Babies.** It's true ... carried babies cry less! In a study published in the journal *Pediatrics*, researchers found that babywearing for three hours a day reduced infant crying by 43 percent overall and 54 percent during evening hours. (1)

- **Healthy Babies.** Premature babies and babies with special needs often enter the world with fragile nervous systems. When a baby rides in a sling attached to his mother, he is in tune with the rhythm of her breathing, the sound of her heartbeat, and the movements his mother makes—walking, bending, and reaching. This stimulation helps him to regulate his own physical responses. Research has even shown that premature babies who are touched and held gain weight faster and are healthier than babies who are not. (2)

- **Confident Parents.** A large part of feeling confident as a parent is the ability to read our babies' cues successfully. Holding our babies close in a sling allows us to become finely attuned to their movements, gestures, and facial expressions. Every time a baby is able to let us know that she is hungry, bored, or wet without having to cry, her trust in us is increased, her learning is enhanced, and our own confidence is reinforced. This cycle of positive interaction deepens the mutual attachment between parent and child, and is especially beneficial for mothers who are at risk for or suffering from postpartum depression. (3) (4)

- **Loving Caregivers.** Baby carriers are a great bonding tool for fathers, grandparents, adoptive parents, babysitters, and other caregivers. Imagine a new father going for a walk with his baby in a sling. The baby is **becoming used to**



photo by: rebecca-linh rogers

Benefits, continued

his voice, heartbeat, movements, and facial expressions, and the two are forging a strong attachment of their own. Baby carriers are beneficial for every adult in a baby's life. Cuddling up close in the sling is a wonderful way to get to know the baby in your life, and for the baby to get to know you!

- **Comfort and Convenience.** With the help of a good carrier, you can take care of older children or do chores without frequent interruptions from an anxious or distressed infant—which helps to reduce sibling rivalry. Baby carriers are also wonderful to use with older babies and toddlers; you can save those arms and go where strollers can't. Climbing stairs, hiking, and navigating crowded airports all can be done with ease when you use a well-designed baby carrier!

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References

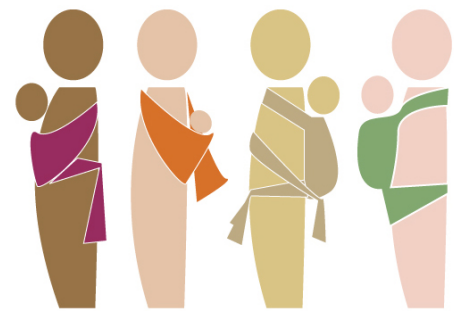
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International Babywearing Week 2011

The celebration of Babywearing Week will be held October 10-16, 2011 with the theme, "A World of Possibilities." International Babywearing Week 2011 is jointly presented by the non-profit organization Babywearing International, Inc. and the premiere online resource for babywearing information, TheBabywearer.com.

- 5 International Babywearing Week is a focused opportunity to celebrate, promote, and advocate the many benefits of baby-wearing. International Babywearing Week is also an occasion to focus media attention on this beautiful and beneficial practice. Nonprofit babywearing groups around the world are participating in International Babywearing Week by registering as Official Celebrating Organizations. These organizations will host many exciting and educational events throughout the week, including local awards presentations and informational meetings about babywearing for families in their communities. At the international level, Babywearing International and TheBabywearer will jointly present International Babywearing Week Awards, recognizing excellence in babywearing advocacy and education. There will also be a coordinated media outreach campaign to raise awareness about babywearing among the general public.



A WORLD OF POSSIBILITIES
International Babywearing Week
October 10-16, 2011

www.babywearingweek.org

Presenting Sponsors

Babywearing International Inc.



6 **Babywearing International Inc.** was founded in 2007 to promote babywearing and serve as a central support organization for local nonprofit babywearing groups. The organization's mission is promote babywearing as a universally accepted practice, with benefits for both child and caregiver, through education and support. It seeks to provide information about the benefits of babywearing for children and caregivers; to foster the creation of a global network of peer educators to support and encourage those interested in babywearing; to provide the highest standard education about the types of carriers and their proper usage; to provide ongoing support for babywearing educators; to develop a positive image for those who practice and promote babywearing; and to enlist members of the medical community, birth professionals, and child care providers as babywearing facilitators. For more information about Babywearing International, visit its website at

www.babywearinginternational.org

TheBabywearer



Founded by Australians Jennifer Norton and Denby Angus in 2003, **TheBabywearer** (TBW) is an independent online babywearing resource. Now located in the USA, TBW features articles, instructions, reviews, a product directory, a photo gallery, and very active forums where participants discuss all aspects of babywearing. To find out more about TheBabywearer or about babywearing, join its more than 75,000 registered members at

TheBabywearer.com