

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,



CELEBRATE
BABYWEARING

International Babywearing Week
November 12-18, 2008



www.babywearingweek.org

Benefits of Babywearing, continued

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** 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!

International Babywearing Week 2008
is presented by



Babywearing International, Inc., a non-profit corporation promoting babywearing as a universally accepted practice through education and support. Visit our website at www.babywearinginternational.org, and



TheBabywearer.com, the internet's premiere babywearing resources, featuring articles, reviews, galleries, and discussion forums. Visit today and join over 75,000 members!



photo by Kristen Stewart

References

- 1 - Hunziker UA, Garr RG. (1986) *Increased carrying reduces infant crying: A randomized controlled trial.* Pediatrics 77:641-648
- 2 - Anderson GC. (1991) *Current knowledge about skin-to-skin (kangaroo) care for pre-term infants.* J Perinatol 11(3):216-26.
- 3 - Pelaez-Nogueras M, Field TM, Hossain Z, Pickens J. (1996) *Depressed mothers' touching increases infants' positive affect and attention in still-face interactions.* Child Development 67(4):1780-92.
- 4 - Tessier R, Cristo M, Velez S, Giron M, Ruiz-Palaez JG, Charpak Y and Charpak N. (1998) *Kangaroo mother care and the bonding hypothesis.* Pediatrics 102:e17.

Celebrate Babywearing
November 12-18, 2008

www.babywearingweek.org