



CELEBRATE
BABYWEARING

Fact Sheet

www.babywearingweek.org



photo by: rebecca-linh rodgers

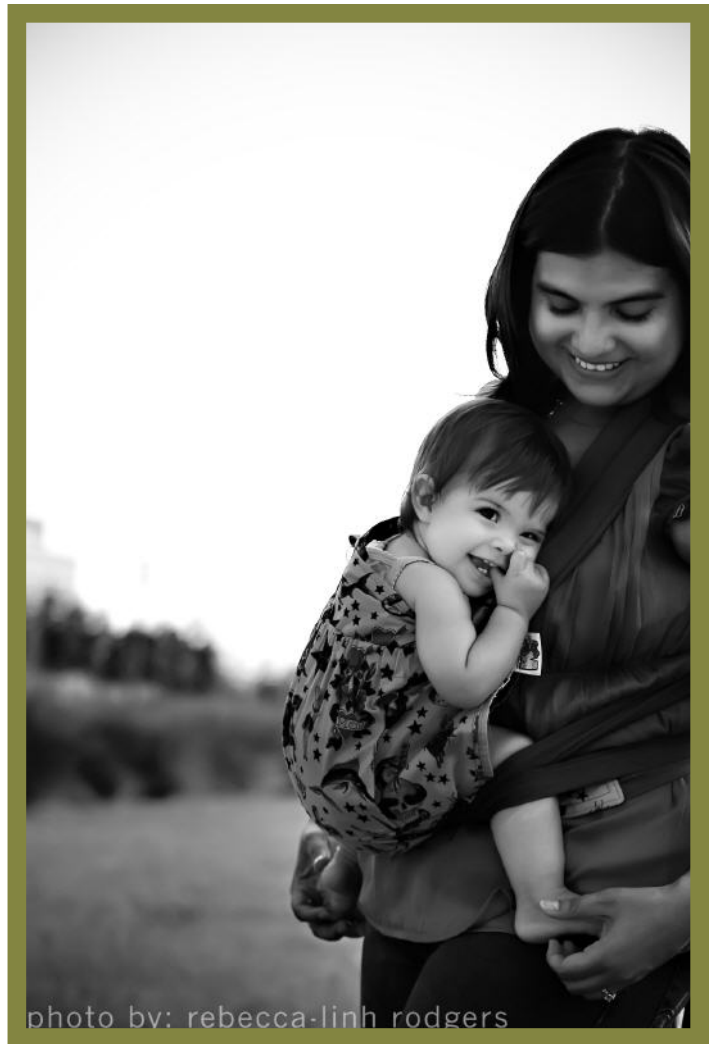
**International Babywearing Week 2018
October 1-7**

**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.

2



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.

Logo: Jacqueline Perry, www.jperrydesigns.com.

Copy and layout: Susie Spence, Mahreen Mustafa-George. Copy editing: Kim Hildenbrand.

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 rodgers

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!

4



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.



International Babywearing WeYk 201&

The celebration of Babywearing Week will be held October 8-14, 2012 with the theme, "Carrying On Traditions." International Babywearing Week 2012 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.



CARRYING ON TRADITIONS
International Babywearing Week
October 8-14, 2012

www.babywearingweek.org

Presenting Sponsors

Babywearing International Inc.



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

Diamond Level Sponsors



Onya Baby makes award-winning soft-structured baby carriers that are comfortable, well-designed, and can be worn on your front or back. Each Onya Baby carrier incorporates an integrated chair harness, which allows you to quickly, easily and safely transform almost any adult chair into a safe seat for your baby. Onya Baby soft-structured baby carriers are great for your on-the-go family lifestyle. Onya Baby carriers have won the NAPPA Gold, Mom's Choice Gold, Creative Child Gold and Parent Tested Parent Approved award for 2012 in the Parenting Resources competitions! Onya Baby, a family business, has been working four years to perfect a major step forward in the increasingly popular soft baby carrier market. Our carriers were developed by a mother who wanted to reduce the number of baby items caregivers have to carry around, while providing a durable, comfortable carrying solution for them and their babies.

www.onyababy.com

BRITAX manufactures and markets lines of premium car seats, strollers and accessories. Since its founding in Britain in 1939, the company has become one of the world's most trusted juvenile products brands, known for its commitment to thoughtful engineering and top-quality, intuitive design. Built for comfortable extended wear, the BRITAX BABY CARRIER line is made for baby and designed for parent. The carrier introduces the CarryLong™ System, which reduces the risk of back and shoulder strain during extended wear by distributing weight across the shoulders, back and hips. BRITAX also addresses the limited weight capacity ranges associated with leading BRITAX New Soft-structured Baby Carrier. BRITAX USA is located in Charlotte, N.C., and employs more than 200 people.



www.britaxusa.com/baby-carriers



Sakura Bloom baby slings are crafted of only the world's finest all natural fibers: soft Irish linens, lush dupioni silks, and rare, wild silks. These are hand-crafted artisan baby slings with simple, classic lines that will last from the newborn stage through the toddler years. Each sling is made with care in Massachusetts, USA.

www.sakurabloom.com

Born in the relaxed environment of Hawaii, first designed by Karin Frost, the original Ergobaby Carrier was developed for her son, applying proper ergonomics to a pragmatic need: keep your baby close. She sought feedback from fellow parents, studied kids' reactions to being carried—and found an enthusiastic audience of likeminded moms and dads. The Ergobaby Carrier was born out of a personal desire for mobility and comfort allowing you to tackle life while maintaining a close & natural bond with your baby and toddler. Every new product we design is conceived and developed with a focus on you and your baby. Our products adjust naturally with you – our goal to make life easier in our mobile world. It's about your comfort, your baby's developing body—and everywhere you both can go – without limits.

www.ergobaby.com



Platinum Level Sponsors



Chimparoo is a Canadian company manufacturing baby carriers, nursing wear and winter covers. Since the foundation in 2007, the company's objective is to promote baby wearing. Wearing your baby is a style of mothering bringing as much psychological as physical benefits for the baby and the wearer. With their extensive background, knowledge and passion, Chimparoo designs the best products of their kind on the market with a genuine concern about health, environment and economy.

www.chimparoo.ca/en/home.asp



Olives and Applesauce was established in 2006 with a focus on custom full and half buckle baby carriers. Over the years we have worked with hundreds of customers to create thousands of carriers, each one as unique as their owners. In 2010 we further developed our relationships with other hard working mom's to bring our carriers into shops and stores all across the world. Custom carriers remain the heart and soul of O&A and every carrier is another opportunity to work hand in hand with parents and caregivers world wide to provide a truly wonderful wearing experience.

www.olivesandapplesauce.com



Kindercarry Handcrafted Baby Carriers began in 2008 in Illinois, with the Kindercarry mei tai, and then the Kinderpack soft structured carrier. We primarily focus on the Kinderpack now, which was the first buckle carrier of it's kind. The distinctive 3 panelled body design fosters the 'bottom lower than knees' babywearing practice, which supports little legs and the curvature of baby's back in an ergonomic and healthy way. Since all Kinderpacks are made in small and limited number batches, we are able to frequently change our print offerings for better variety. We are unparalleled in fashion and quality. Thank you for supporting WAHMs!

www.kindercarry.com



Gypsy Mama, LLC has been manufacturing quality baby wraps since 2004. Our Stretch-Hybrid and our Breeze wraps are hand-batiked and sewn by artisans in Bali, Indonesia under fair trade conditions, and our Water Wrap (WrapDuO) has been proudly made in the USA since January of 2005. Kristi Hayes-Devlin not only runs the Wrapsody brand but is also a mother of five and the founder of the Baby Carrier Industry Alliance.

www.wrapsodybaby.com

Platinum Level Sponsors



Snuggly Baby provides fashionable, quality ring slings, stretchy wraps, mei tais, doll slings, and wet bags for moms and their snuggly babies. We do this because Every Baby Needs A Sling. Every Mom Deserves One.

www.snugglybaby.com



Beco Baby Carriers combine clever ergonomics and stylish design with the most comfortable and safe babywearing experience. Designed for maximum portability and protection. 100% fresh. 100% awesome.

Wear Beco from birth through toddler years. Wear Beco on your front, back or hip. Wear Beco with love.

www.becobabycarrier.com

