

Benefits for Baby

- Babywearing promotes bonding between baby and wearer.
- Even when you are focusing on other people or other tasks, a baby who is tucked into a sling is reassured by the physical contact.
- It can significantly reduce infant crying.
- Babywearing helps infants fall asleep more easily and sleep longer.
- When you wear your baby, the two of you move through your day together.
- While being worn, a contented baby can see what's going on around him. When he sees facial expressions and hears his parent's voice, he is learning about the world.
- Baby carriers are not just for parents. If your baby spends time with a caregiver, encourage the sitter to wear your baby. The familiar feeling of being cuddled close to a loving adult will be reassuring.

What is Boston Babywearers?

Boston Babywearers (BBW) is a local non-profit group made up of diverse parents who love babywearing. We learn from one another and share our knowledge with those who are new to the joys of babywearing.

Join us for a meeting on the third Wednesday of each month or the second Sunday of even months to experience all that we have to offer.



www.bostonbabywearers.com

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Benefits of Babywearing 101

An introduction
to the benefits of wearing
your child.



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Whenever you find yourself trying to juggle the needs of your baby and the demands of everyday life, it's likely that babywearing will make things easier.

Many babies sleep better when they are in contact with a parent's body. If you have put baby down in bed for a nap and he wakes up while you are in the middle of a project, ease him into the carrier. You may be able to get him to nap a little longer, giving you a chance to finish what you were doing.

With baby riding along in a carrier, you can trail along behind an older child and go wherever you need to be. You can catch a three-year-old at the bottom of the slide or help an adventuresome climber find his way back down.

Benefits for Wearers

- Babywearing can increase confidence in caring for a new baby because you are more quickly able to respond to the baby's needs.
- Wearing your baby allows you to care for baby while having hands free to make a sandwich, run errands, or attend to older children.
- With baby tucked in a sling or carrier, you will not have to stop what you are doing when baby fusses or needs reassurance.
- Wearing your baby provides closeness even when you can not give your baby one hundred percent of your attention.
- It allows for easier mobility whether traveling, navigating snow covered sidewalks or hiking in the woods.
- A sling or baby carrier can be folded up and stuffed into a diaper bag so that it is readily available for use.

Benefits while Breastfeeding

- Breastfeeding mothers who practice babywearing find it easy to nurse their babies more often. This may help babies gain more weight. The shorter the time between feedings, the higher the fat content in mother's milk.
- If you feel uncomfortable breastfeeding in public, babywearing can help you overcome this worry as it can make feeding much more discrete.