

Pros and Cons of Different Carrier Types

Type of Carrier	Comments	Pros	Cons	Common Brands
Pouch	Correct sizing is very important.	*Quick in and out * Small and compact * Inexpensive and easy to find * Easy to use	*Most are not adjustable * Cannot usually be shared between caregivers * All weight is on one shoulder * Less suitable for nursing	Hotslings, Kangaroo Korner
Ring Sling		*Quick in and out * Very adjustable * Easy to nurse in * Easy to share between caregivers	*All weight is on one shoulder * Some learning curve * Limited back carry	Maya Wrap, Sleeping Baby Productions
Mei Tai	Try several different styles if possible to find the right fit for you	*Two shouldered * Easy to use * Novice friendly * Easy to learn back carry * Easy to share between caregivers * Easy to nurse in	*Not much coverage for nursing * Not great for hip carry * Tails may drag on the ground and get dirty in inclement weather	BabyHawk, Kozy
Soft Structured Carrier	Try several different styles if possible to find the right fit for you	*Two shouldered * Easy to use * Novice friendly * Very supportive for toddlers * Easy to learn back carry	* Very personal fit * Not great for hip carry * Not as good for newborns	Ergo, Beco, Calyx
Stretchy Wrap	May look intimidating but you only have to learn one carry	*Two shouldered * Quick in and out * Great for newborns * Easy to nurse in * Versatile and adjustable * Easy to share between caregivers	* Some learning curve * Generally not comfortable with older/heavier babies * Not recommended for back carry * May be hot	Moby Wrap, Calin Bleu Fleece
Woven Wrap	May look intimidating but you only have to learn one carry. More supportive than stretchy wraps.	*Two shouldered * Versatile & adjustable * Front – back – hip - torso carries * Easy to share between caregivers * Great for nursing	*Greater learning curve * Tails may drag on the ground and get dirty in inclement weather * May be hot depending on material	Didymos, Storchenwiege, Calin Bleu Gauze