

Soft Structured Carriers

This is similar to a Mei Tai, but has buckles instead of long straps to tie. Try several different styles if possible to find the right fit for you.



Pros

- Easy to use
- Novice friendly
- Very supportive for toddlers
- Good to learn back carries in
- Weight is distributed across both shoulders

Cons

- Not great for hip carry
- Not as good for newborns
- Very personal fit, hard to share

Pouches

This is a sewn fabric loop that you wear across you like a sash. Correct fit is very important as most are not adjustable.



Pros

- Easy to use
- Quick in and out
- Extremely compact
- Inexpensive and easy to find

Cons

- Cannot usually be shared
- Nursing can take practice
- Not good for back carries
- All weight is on one shoulder

Babywearing Carrier Styles 101

An introduction to the five basic styles of carriers.



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Wraps, Stretchy and Woven

This is just one long strip of cloth that is tied around the body. It comes in varying lengths and is made of different types of fabric.



Pros

- Super flexible
- Very comfortable
- Great resale value
- Offers great variety in carry options
- Can be pre-tied to “pop” baby in
- You can easily carry a child for long periods of time
- Fits any size (bigger people need longer wraps to do all carries)

Cons

- A lot of fabric
- More significant learning curve

Ring Slings

This is a piece of fabric with two rings sewn at one end. The fabric is fed through the rings and goes across the body like a sash with the rings sitting just below your collarbone.



Pros

- Fully adjustable
- Quick in and out
- Can fit a variety of people
- Easy to nurse in with practice
- Tail of sling provides good coverage

Cons

- Some learning curve
- Very limited back carries
- All weight is on one shoulder

Mei Tais

This is a square of fabric with waist straps and shoulder straps coming out. The square is the baby’s seat, and the straps are tied around the parent.



Pros

- Easy to use
- Comfortable and cool
- Good to learn back carries in
- Able to share between caregivers
- Weight is distributed across both shoulders
- Easy nursing if your baby will eat in an upright position

Cons

- Not great for hip carry
- Not much coverage for nursing
- The straps can be long and hit the ground when tying