

Choose Cooler Carriers

- Ring slings and MTs are generally good choices, since they have minimal fabric.
- Try a gauze wrap instead of a Moby or a regular woven. Woven wraps are more breathable than Mobys and gauze is even more light weight.
- Natural fibers, especially Linen tend to be coolest. Cotton is the next best choice.
- Avoid heavily padded carriers. Though they are a great choice for wearing a heavy child, the extra padding and fabric may be too warm.
- Mesh, Solarveil*, and Solarweave are all breathable materials that are lightweight and great for water.

* Please note that Solarveil is actually no longer produced (manufacturers found it too expensive), though it can still be found in older or used carriers. The best place to look would be online For Sale Or Trade and swap boards. While a great Summer option, please be aware that can be a very scratchy material.

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.

There are many great resources online, but there is nothing like walking into a room full of parents wearing their little ones and being able to make friends and learn together.

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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Summer Babywearing 101

*Tips for keeping cool
in warm weather.*



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Use Common Sense

Babywearing is a great way to be hands free while still bonding with your baby. But we know that it's hot to have another person attached to you in the heat. While these tips and ideas will help keep you as comfortable as possible, there may be times when wearing just isn't a good option. Sometimes a stroller is really the best choice due to the heat, especially if it's one that lets your child face you so you can still interact. Usually a combination of wearing and riding in the stroller is a great plan, so that you can still hold your child close, yet have the stroller for when you need a break and to cool down.

Beware of Overheating

- Check the back of baby's neck for overheating – if it is cool/warm to the touch baby is probably fine, but if really warm or hot and sweaty, baby is overheated.

Sun Protection

- Sunhats on wearer and baby tend to keep the sun off and may help keep you both cooler.
- Umbrellas offer portable shade.
- You can get additional sun protection from fabric that has built in SPF, such as Solarveil and Solarweave.
- Don't forget sunscreen, even if using an SPF fabric. Be aware of small areas of baby that can be exposed to the sun as they move, such as little hands and feet.

Dress for Close Contact

- Dress you and your child as lightly as possible
- Avoid lots of skin on skin – a thin layer of cotton clothing in between will keep you both drier and cooler.

Things to Consider

- Back carries are generally cooler than front carries.
- When wrapping, carries with fewer layers of fabric are cooler (e.g. a Rucksack Carry is cooler than a Back Wrap Cross Carry).

General Tips

- Try using a spray water bottle or portable fan to cool off.
- If you are really hot, consider placing a soft ice pack wrapped in a towel between you and your child.
- Stay well hydrated and take lots of breaks from wearing to let you and your child cool off.
- Try bringing a picnic blanket with you so you can rest in the shade or head to air conditioned spots as often as possible to cool down.