



Baby-wearing is healthy!

Optimal baby-wearing position: Supports the back, spread-squat position of the legs, the baby can nestle.

If you want to wear your baby, pay attention to the following points:

- *spread-squat position* (knees must be on the same level with the baby's navel)
- belly of the baby facing your body
- wear the baby *pressed* onto you (tie the sling tight enough, baby carriers have to be adjusted tightly)

Text: Antje Mattig

Fotos: stillen-und-tragen.de, babygerecht.de, private

References:

own experiences

Dr. Evelin Kirkilionis: „Tragen in Fahrtrichtung“ (AFS Stillzeit, Ausgabe 03/2004), „Vom Tragen in Fahrtrichtung“ (Deutsche Hebammenzeitschrift 04/2004)

www.rabeneltern.org

www.didymos.de

The flyer may be multiplied privately and distributed. But it may not be used for commercial reasons.

Further information

Literature

- „Ein Baby will getragen sein“ von Evelin Kirkilionis (ISBN 3466344085)
- „Schwangerschaft, Geburt und 1. Lebensjahr“ von Regina Hilsberg (ISBN 3499608294)
- „Hüftdysplasie: Sinnvolle Hilfen für Babyhüften“ von Ewald Fettweis (ISBN 383043202x)
- "Ins Leben tragen" von Anja Manns/Anne Christine Schrader (ISBN 3861355701)

Internet

<http://www.rabeneltern.org/>-> Rubrik Tragen

<http://www.stillen-und-tragen.de/>

<http://www.trage-tuch.de/>

Further information from:

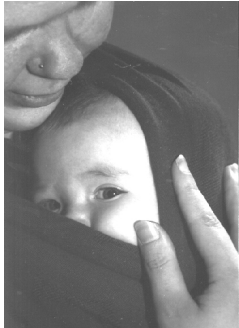
You are wearing your
Baby? Excellent!
But your baby is facing
away from you?



**Please don't! For the sake
of your child's health!**

Humans are naturally wearing their children

Babies and toddlers who are being worn by their parents are usually calmer, more balanced and mostly also physically and psychologically one step ahead of children who are not being worn.



Baby-wearing is good – it offers communication, warmth, safety and love without distance between the wearing person and the baby.

Modern and “in” does not always equal “good”!

Unfortunately one can see the following very often: Babies sitting in Baby carriers, sometimes also in a baby wrap, facing the front, the legs hanging down as of those of a rabbit which is held by the back of its neck, or like a ladybird, struggling helplessly lying on its back. Many manufacturers of baby carriers advertise with a picture of a baby in this position.

Reasons why not to wear like this:

- a physiologically correct posture is not possible. This can lead to backache and a bad posture in your baby
- spread-squat position is not possible, the *hips cannot develop correctly*
- *Over-stimulation*: the child is not able to nestle to the wearing person if necessary. It has no possibility to withdraw from stimulation
- eye contact with the wearing person is not possible. Over-stimulation can lead to crying in the evening (Stress release)
- weight is on baby's pubic bone which can lead to deformation, in small boys it can bruise the testicles; for the wearing person it can lead to tensed shoulders and backache. Most baby carriers have tiny, poorly padded shoulder straps.



Not like this, because:

- In this position the back of the baby is straight, the legs are just dangling down.
- The baby has no possibility to nestle to the mother if it wishes to.

Alternatives

If you have the feeling that your baby wants to see more and it is old enough, you may rather use the *hip carry* or the *back carry*.



Hip carry and back carry allow the correct spread-squat position, the toddler can watch all around and nestle to the mother.

Surely parents want only the best, but this carrying position is hazardous to baby's health!

