

Choosing a Sling/Carrier

1) How will you be using your carrier?

- a) Quick jaunts (easy on and off)
- b) Mainly for nursing or carrying baby on my hip
- c) Daily stuff
- d) Going on long walks or hikes

2) How much time will you spend learning how to use it?

- a) Not much
- b) I don't mind fiddling a bit
- c) I love a mind-bending challenge
- d) I would prefer to just snap and go

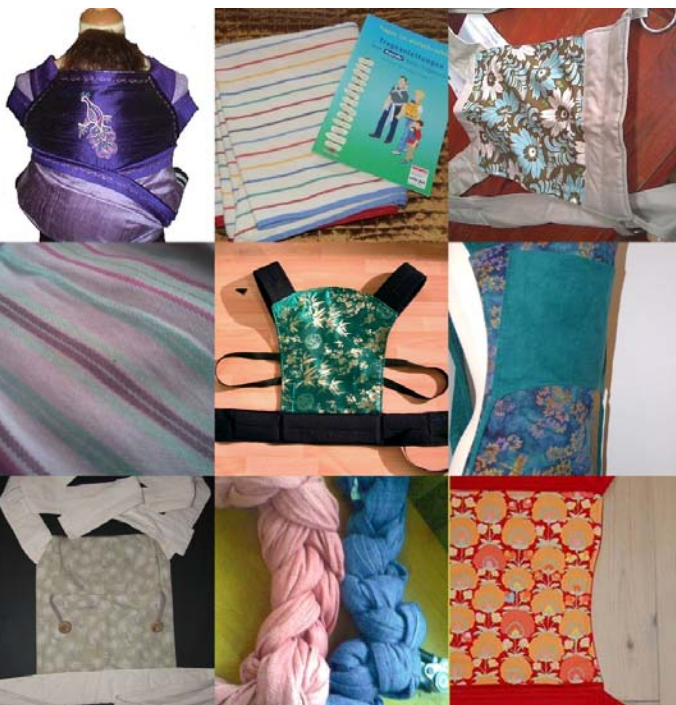
3) With what ages do you plan on using your baby carrier the most?

- a) Newborn to six months
- b) Newborn to one year
- c) Newborn to toddler

4) Which style most appeals to you?

5) How much shoulder support do you want in a baby carrier?

- a) One shoulder
- b) Two shoulders



AP EU Ireland Sling Library

Borrow slings & baby carriers
Large selection of types & brands
Regular meetups for advice
Postal service available nationwide

For more information visit;
www.attachmentparenting.eu/ireland

Babywearing Ireland

www.babywearingireland.com

Ireland's **ONLY** dedicated
babywearing chat forum!

A place to chat about, seek
advice on, & compare all
things babywearing.

Plus lots more...



What to Look for in a carrier...

- Supportive when the child is asleep or awake.
- Fabric structure and width that allows the child to be in a natural curled or seated position that reaches from knee to knee and across the pelvic area.
- Easy to wear
- Good weight distribution and comfortable for wearer and child.
- Value for money especially in terms of the duration you would be using it.
- Appeal to your taste.

All you need to know about slings and carriers.

www.babywearingireland.com
www.attachmentparenting.eu/ireland

AP EU Ireland Sling Library and Babywearing Ireland



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Benefits of Slings and Carriers (Babywearing)

Babies Feel More Secure

Babywearing makes your baby feel more secure. When your baby feels calmer and more secure throughout the day, they continue to be calmer, more content babies at night. Studies show that worn babies cry 54% less in the evening hours than the average baby.

Helps Calm Your Baby

Babywearing simulates the womb environment. In the womb, your baby was used to being held tightly in the foetal position, with the sounds and rhythms of their mother's body to calm them.

Babies Learn More

When babies are carried, they spend more time in a quiet, alert stage, which is considered the ideal state for learning. They see and experience all the things you experience. Their senses are stimulated, increasing brain development,

but they always have the option to turn inward toward you and be cuddled when the stimulation becomes too much.

Improves Physical Development

Specifically, it benefits your baby's vestibular system, or sense of balance. When your baby is worn, they move in all different directions as you move throughout the day, instead of lying still and flat in a car seat. These movements help the development of the inner ear. Scientists have discovered that this regulation of balance helps babies breathe and grow better, regulates their physiology and improves motor development.

More Freedom and Mobility for Moms

Slings offer freedom and mobility to go anywhere you would normally go without your baby, hands-free. And many baby carriers add to their convenience by doubling as an extra changing pad, blanket or nursing cover in a pinch.

Types of Slings/Carriers

Mei Tai / Podaegi / Onbuhimo

A panel of fabric with straps. Two or four straps tie around you.

Ring Sling (Padded/Unpadded)

A length of fabric that has rings at the shoulder through which you thread the opposite end (tail) to create a 'pouch' into which you place the child.

Pouch

Essentially a fabric sash, which you fold in half lengthwise creating a pouch into which the baby is placed. Pouches are worn over one shoulder and across your body.

Soft Structured Carrier (SSC)

Based on the Asian-style carriers, these types of carriers have more structure and padding and use clips instead of ties.

Wraps (Stretchy/Woven)

A long piece of fabric which you 'wrap' around your body to creating a pocket for a baby to sit. There are numerous ways to tie a wrap and they come in different lengths.

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