

Best info for a Carrier for Babies

Babywearing may seem to you like an amazing breakthrough in child rearing, but the technology is actually a very old idea.

What is Babywearing?

Babywearing is a form of baby transport and is the practice of carrying your child in a sling or a cloth baby carrier. The technique is far from new and has been practiced for many years around the world.

Practicality and ease

Babywearing offers a practical solution for mothers who need to juggle between taking care of a newborn baby and many of the other activities one has to do in the day. Additionally, nursing mothers who want to breastfeed their child in public can do so discreetly by using a baby sling.

Reduction of post-partum depression

Babywearing helps reduce the risk of post-partum depression because it helps create an emotional connection and provides physical stimulation with the baby. Physically, it also creates lesser strain on your back and spine since the right baby carrier will provide adequate support for both.

Strengthened emotional bond between parent and child

Wearing your baby provides a deeper emotional bond between child and parent because it satisfies the baby's natural need for closeness, touch and affection. Furthermore it has been found to help improve the condition of premature babies.

Child nurturing

Babywearing makes for calmer babies because all of their basic needs are already being met. The specific health benefits include better respiratory health, muscle tone and inner ear development. Also, since the baby is always staying close to the parent, he or she would be more exposed to the language being used, as well as the facial expressions. Children at a young age absorb new information very quickly; so the more that they are exposed to the real world while they are babies, the quicker they will develop.

Additional health benefits for your child

Aside from providing a more convenient lifestyle with your baby, there are a lot of additional health benefits for children who are carried. There is a dramatic decrease in crying - babies who are carried cry 43% less than those who are left alone on their cribs.

Babywearing is also a factor contributed to better and easier discipline for a child. Babies, who instantly bonded with their parents when they were carried, as infants are much easier to discipline, more secure with themselves, more trusting, sociable, considerate, affectionate and sensitive to others.

Babywearing may seem like an amazing breakthrough in child rearing, but the technology is actually a very old idea. Why we stemmed away from using a sling to a stroller or car seat to carry our babies, I will never really know. Babywearing has been proven to reduce the risk of post-partum depression and is a practical and easy way to keep your baby close, which also strengthens the bond between child and parent. Even if it does not become your main mode of transporting your baby, based on the health benefits alone it is worth the try.

About the Author

David Leonhardt and Corey Rozon are [expert article writers](#). The Original Baby Nest Carrier ™ can be used in [six positions to carry your baby](#).

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