



Hands-free Ways Of Carrying Your Baby

Best baby-carrying position

1 Babywearing in the frog position, Squat, Jockey, or “M” position provides support for the baby's hips.

2 Inward-facing position is considered more conducive to hip development than an outward-facing position.

T.I.C.K.S rule for safe babywearing

T

Tight as slumping may hinder breathing

I

In sight always and not let fabric close around their head

C

Close enough to kiss

K

Keep chin off your chest to ensure comfortable breathing

S

Support back

Advantages for mother and the baby

- Reduced fussiness and crying
- Less colic episodes
- Improved visual and auditory alertness
- Higher vestibular stimulation that is important for developing balance in future
- Improved bonding with the caregiver
- Better breastfeeding

References

1. Baby Wearing; International Hip Dysplasia Institute
2. Carrying your baby; The Royal Wolverhampton NHS Trust
3. Post-Natal Positioning through Babywearing: What the Orthopaedic Surgeon Needs to Know; Journal of Posna
4. Evaluation of Carrying Position for Babies; IOSR Journal of Nursing and Health Science

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