Aeroflow Breastpumps

Babywearing and Breastfeeding

RESOURCE GUIDE

Helpful Links

- More on the Benefits of Babywearing
- Boba Knit Wrap Instructions
- Moby Knit Wrap Instructions
- Solly Knit Wrap Instructions
- Woven Wrap Tutorials
- Sling Tutorial
- Babywearing and Hip Dysplasia
- Videos of Breastfeeding While Babywearing
- Babywearing with Twins
- Find a Local Babywearing Group
- Virtual Babywearing Group
- Babywearing International



The Pumping Room

Your go-to source for all things pregnancy and breastfeeding.

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WEARFEED

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Babywearing and Breastfeeding

RESOURCE GUIDE

Class Notes Table of Contents

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- How Babywearing Facilitates
 Breastfeeding
- Types of Carriers
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Babywearing and Breastfeeding

Class Notes

Benefits of Babywearing

- Helps babies transition into life outside the womb.
- Increases oxytocin which helps with bonding and breastfeeding.
- Less crying.
- Calmer baby.
- Supports babies' physical development.
- May improve postpartum depression or decrease the risk of postpartum depression.
- Can be less physically straining than armcarrying.
- More on the benefits of babywearing

How Babywearing Facilitates Breastfeeding

- It's convenient.
- You can multitask since your arms will be free.
- Movement can calm the baby and help him nurse more effectively.
- Makes it easier to notice early hunger cues.
- Helps maintain your milk supply.



Types of Carriers

- Knit Wraps (Moby, Solly, Boba, etc.)
 - Great for newborns
 - One size fits most
 - Not appropriate for back carry positions
 - Boba Knit Wrap Instructions
 - Moby Knit Wrap Instructions
 - Solly Knit Wrap Instructions
- Woven Wraps (LennyLamb, Chimparoo, Didymos, etc.)
 - Appropriate for newborns as well as older babies and toddlers
 - Sized for the wearer
 - Can be used for back carry positions
 - Woven Wrap Tutorials
- Slings (WildBird, Sakura, Moby, etc.)
 - Appropriate for newborns as well as older babies and toddlers
 - Easy to nurse in
 - Limited positions
 - Sling Tutorial
- Soft Structured Carriers (ErgoBaby, Tula, Lillebaby, etc.)
 - Appropriate for newborns as well as older babies and toddlers
 - Can be used for several positions
 - Offer lots of support; typically comfortable
 - May not fit all body types well
- Hybrid Carriers (Boppy, Moby, Boba, etc.)
 - Appropriate for newborns as well as older babies and toddlers
 - Combines the comfort of a wrap with the support of a structure carrier
 - Offer lots of support; typically comfortable
 - May not fit all body types well





ABCs of Safe Babywearing

A: Airway

- Baby's airway is open.
- No chin-to-chest position.
- Keep baby's head close enough to easily kiss.
- Be sure you can always see baby's face.

• B: Body Positioning

- Provide adequate support for baby's body and head.
- Only use the carrier in positions it is explicitly designed for.
- Allow baby's knees to be higher than their bottom in an "M" position.
- Babywearing and Hip Dysplasia

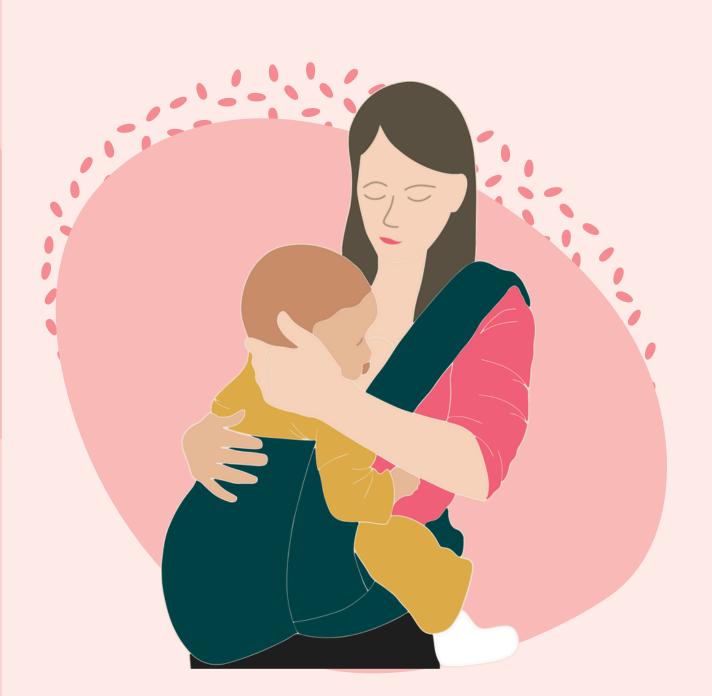
C: Comfort

- Mom (or other wearer) and baby should be comfortable and feel confident.
- Practice different positions while you have a support person to assist.
- Carriers that distribute weight across multiple points (shoulders, upper back, lower back, waist/hips) tend to produce less pain for the wearer.



Tips for Safely Babywearing While Breastfeeding

- Get comfortable with breastfeeding first.
- Practice carrying baby before trying to breastfeed in the carrier.
- Support your baby at all times.
- Keep an eye on baby while nursing.
- Change your baby's position after feeding so that their head is facing up and is clear of the carrier and your body.
- Videos of Breastfeeding While Babywearing





Common Babywearing Positions



Newborn Carry







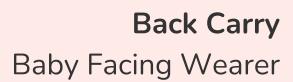
Front Carry
Baby Facing Out
(away from wearer)



Common Babywearing Positions



Hip Carry







Babywearing with Twins



Places to Find Babywearing Support

- Find a Local Babywearing Group
- Virtual Babywearing Group
- Babywearing International

View
Upcoming
Classes

Book an Appointment



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