

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](#)



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Babywearing and Breastfeeding

RESOURCE GUIDE

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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 arm-carrying.
- [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
Wearer**



**Front Carry
Baby Facing Out
(away from wearer)**



Common Babywearing Positions



Hip Carry



Back Carry
Baby Facing Wearer



Babywearing
with Twins



Places to Find Babywearing Support

- [Find a Local Babywearing Group](#)
- [Virtual Babywearing Group](#)
- [Babywearing International](#)

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Classes

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Appointment



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