

# Babywearing and Breastfeeding

## RESOURCE GUIDE

### Helpful Links

- [Benefits of Babywearing](#)
- [Why Babies Expect to be Held](#)
- [How to Use Hybrid Carriers](#)
- [How to Use Slings](#)
- [How to Use Knit Wraps](#)
- [How to Use Soft-Structured Carriers](#)
- [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

## Class Notes Table of Contents

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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 your baby's 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.
- Babies tend to nurse more frequently.
- Helps maintain your milk supply.
- Provides optimal sensory stimulation for baby.
- [Why Babies Expect to be Held](#)



# Types of Carriers

- **Knit Wraps** (Moby, Solly, Boba, etc.)
  - Great for newborns
  - One size fits most
  - Not appropriate for back carry positions
  - **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, WilBird, 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
  - **WildBird Carrier Tutorial**
- **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
  - **Moby Hybrid Tutorial**



# 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](#)

View  
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Classes

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# References

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Disclaimer: This class is intended for general education purposes only and should not replace any medical direction from your healthcare provider. Please seek advice from your own healthcare provider and lactation consultant (IBCLC) for individualized recommendations.

