

# Carrying your baby

Carrying your baby has multiple benefits, if you know how to do it. Below we will describe those reasons and provide you with tips on how best to carry your baby. You can find some tying methods for your wrap and a table comparing carriers on our website ([www.fint.is](http://www.fint.is)).

## BENEFITS IN GENERAL

- *Bonding and Attachment*

Being close to your child will help you and your baby to bond and feel safe in this new and unknown world.

- *Stimulate Breastfeeding*

Being close to your baby can also increase how much oxytocin your body creates. Oxytocin is one of the hormones that regulates breastfeeding.

- *Body Temperature and Circadian Rhythm*

Your body amazingly automatically adjusts its temperature to regulate your baby's temperature. So when your child is cold or has a fever, carrying the baby can help the situation. Additionally, by being upright during the daytime, carrying your baby can help with establishing a day- and night-pattern.

- *Reduce Crying*

By being so close and providing comfort your baby could cry less or less long. Your baby will feel more secure and knows that there is someone looking out for him or her.

## BENEFITS FOR THE PARENT

- *Free Hands*

Compared to carrying your child with your arms, or handling a stroller, having your child in a wrap or carry bag means your hands are free! this way you can be sure that your child is safe and can go about to do your business!

- *Freedom of Movement*

You will not be limited by the route you are taking compared to handling a stroller; you can just walk up and down stairs, manoeuvre through narrow aisles in a shop, or walk outside in the snow. If you are worried about the cold, just have a look at our carry jackets from Mamalila to keep you and your child warm.

- *Flexibility*

Carry bags and wraps are relatively small 'devices' to carry your child. This way, it is easy to take it with you if you are not sure what you will be doing when going outside with your child. Are you planning to walk around the block with your toddler, but halfway through your toddler says no? Just put on that carrier and go! Or are you visiting a friend by car, and then decide to go for a walk? Just put your child in the carrier, put on your carry jacket and go! This also works well when travelling, so there is no need to always fold, lift, and unfold the stroller.

- *Awareness*

Because you are so close to your child, you will know if it is sleeping, awake, or needs anything else. You will unconsciously learn how your child responds to certain events in the environment, and help your child cope with it.

## Advice and tips

Babies and kids are never too young or old to be carried, you just need to make sure you are using the right carrier, the right way.

# *Long guide*

## **Carry bags vs. Woven wraps**

Carry bags are generally speaking easier to use, because you do not need to tie anything. Instead, buckles make sure that the bag is secured and fitted to size. Carry bags are therefore quicker to put on, and are more predictable in how they will feel (you will understand this once you have tried both a bag and a wrap). For bags, the size and shape of your baby matters; usually they are safe for use from around 3,5 kilos, until 18 or 23 kilos. These weights are always mentioned in the description of the carry bags.

A downside of a carry bag is that you might need to buy another bag if your child is too small or too big for the one you have. Also, the buckles need to be adjusted to the length of the child, and if the bag is used by more than one user, and the users differ in size. This will increase the time necessary to put on the bag. It can also be the case that a bag does not suit the shape of you or your baby. A wrap does not have this problem, as it is always shapes to both you and the baby, is flexible in how you tie them distributing weight the way you want it.

Wraps are incredibly flexible, as they can be tied in different ways and are not related to weight in the same way as carry bags are. As long as the wrap can be tied with your child in it, there is no size limit. Depending on preferences and the size of your child, you can carry in different ways to always find a good way to wrap your child. You can carry your newborn baby or four year old on the front, on the back, on the side, use it as a blanket, or even use the wrap as a swing when hung on hooks.

You will have to tie the wrap almost every time you use it which takes time, and there is a bit of a learning curve, but as with everything else you need to learn, it gets better with practice. Having said that, if you share a carry bag with someone else and for differently sized children, you would also have to adjust the buckles.

## **Carry bags variations & Types**

Carry bags vary depending on brand, and type. Some have padding, some have only buckles or need some tying, some can be worn back and front, some also on the side as a hip rest.

The best carriers (which are best ergonomically but also for your baby) cannot be worn on front with the baby's face directed outward. The baby should always face towards the carrier to ensure the best position for the hips and to promote secure attachment. Additionally, the child will feel more secure and will not be overloaded by the environment, especially when the baby is still very young.

## **Wrap variations & types**

Wraps vary in material and length. The most important difference in material is whether they are stretchy or not. Stretchy wraps can more comfortable to wear and work for smaller babies, but are worse for older children as they cannot support their weight as well. Non-stretchy wraps also come in a lot of different combinations of material (for example cotton, linnen, hemp, or combinations of different materials), but those differences are small compared to stretch or non-stretch. They can also vary in how the fabric is woven, which affects how they 'stretch' or fit around you and your child.

The variation in length matters only for the type of tying you use (how much fabric is needed to go around you and your child for a certain tying technique) and how big/tall you are, in combination with your child. For most variations, a size 6 works fine. If you are set on a specific type of tying that uses less fabric, you could go for a shorter wrap, if you are a very big person, you could go for a longer size.

# Quick guide

Think about how and when you want to carry your baby in a carrier before deciding on what type you want:

- *Do you want to be able to put it on as quickly as possible?*  
-> Go for one with only buckles, such as the Didyfix or WAW easy carrier.
- *Do you want a carrier that is super small when folded to take on the way?*  
-> Go for a carry bag without padding, such as the WAW easy carrier, or a woven wrap
- *Do you want to use it for different moments in different ways?*  
-> Go for one that has more options to adjust, like the Mei-tai from ByKay or consider a woven wrap.
- *Do you want a wrap for the first few months, up until 1,5-2 years, using one or two types of tying?*  
-> Go for a stretchy wrap deluxe from ByKay.
- *Do you want something that you can use for many years and ways of carrying?*  
-> Go for a woven wrap size 6 or 7 from Didymos.
- *Do you want to be quick in taking your baby/child in and out for short times?*  
-> Have a look at a ring sling, learn how to use a woven wrap as a ring sling, or get handy with a carry bag.
- *Do you want to carry your toddler on your back but don't like buckles or the size of a carry bag?*  
-> Go for a short woven wrap from Be Lenka.
- *Are you not starting with a newborn and plan to use a carry bag for a while?*  
-> Go for a didyfix toddler or WAW easy carrier toddler.
- *Do you want to spread the weight over your back?*  
-> Go for a carry bag and cross the back straps diagonally, use a Mei-Tai, or a woven wrap.
- *Do you like the pool, taking a shower together, or planning a beach holiday?*  
-> Go for an aqua carrier for those moments!
- *You don't know where to start?*  
-> Go for a Mei-Tai and get the best of both, or shoot me a message!