

Baby Carriers: What You Need to Know

Benefits of Using a Carrier

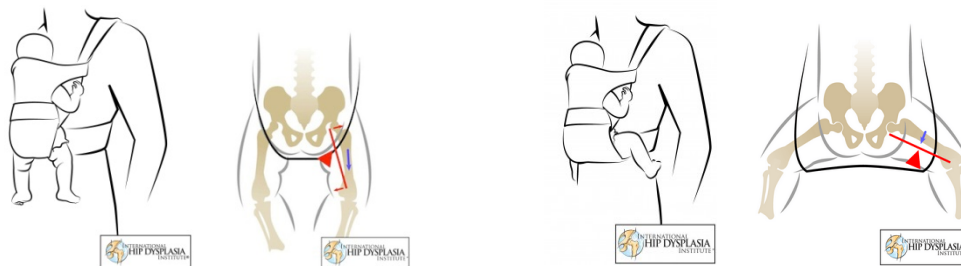
- Promotes child parent bonding
- Alternative transport method
 - Frees up parents hands
 - Opportunity for baby to be off of their back reducing chances of developing flat spots

Things to Consider

- Weight Limits
 - Don't forget to check the lower limit too!
- Head and Neck Support
 - Very young infants need a lot of support
 - Avoid a carrier that allows your child's head to drop onto their chest
- Age and Position
 - Newborns should be faced inwards to provide adequate support for the head
 - Older children (4-6 months) have the head control to safely face outwards
 - Babies vision is developing concurrently with their motor skills
 - Inward facing limits overstimulation early on
 - Very young babies are attracted to faces - face to face positioning is beneficial for social, language and cognitive benefits
 - If a young baby (<6 months) adamantly prefers outward facing be sure
 - They have the head and neck control to support themselves
 - The environment is calm and familiar
- Hip Position
 - Carriers do NOT cause hip dysplasia
 - The best position for promoting hip development is a "frog-legged" position
 - Look for a carrier with a wide enough base that it supports this position avoiding the legs dangling straight down (See illustrations* below) *downloaded from www.hipdysplasia.org

Not recommended:

Better:



- Length of time
 - With proper fit, length of time does not pose safety concerns but...
 - Keep in mind
 - Motion is important for all areas of development!
 - Make sure your baby spends lots of time outside of carrying equipment to move around!