



Nine In Nine Out, or NINO, is a nonprofit organization dedicated to promoting babywearing through education and advocacy.

BABYWEARING INFORMATIONAL HANDOUT

What is babywearing?

Babywearing is the practice of carrying your baby close to your body in a sling, pouch, wrap, or other baby carrier.

Why wear your baby?

Rest those tired arms

A baby carrier distributes baby's weight across your body, making it much more comfortable than carrying a baby in arms. Many caregivers carry even older babies quite a lot. Most carriers are usable from birth up to 35 pounds (16kg).

Freedom of movement

Wearing baby frees you to take care of the house, run errands, eat out, and enjoy the outdoors without struggling with a stroller. The baby carrier is your stroller, portable crib, coverup, and more.



Free your hands to care for other children

Babywearing can help keep your baby content while making you more available for other children.

Soothe fussiness, reflux, and colic

Some babies crave constant motion. Others spit up unless they remain upright. Some babies enjoy being swaddled. Others insist on being held constantly. A baby carrier allows you to address all of these issues with ease.

Share the load

Father, older siblings, grandparents, and other caregivers now have a powerful tool to comfort and bond with baby.

Slings promote bonding

Wearing baby fosters trust and attachment. A baby whose needs are met promptly now will be more secure later. Baby carriers are also a great way to bond with foster or adopted children.

Make frequent feeding easier

Newborns want to eat all the time, but new mamas sometimes feel tied down. Feed on the go — some moms even breastfeed with both hands free — in a baby carrier.

Carried babies tend to cry less

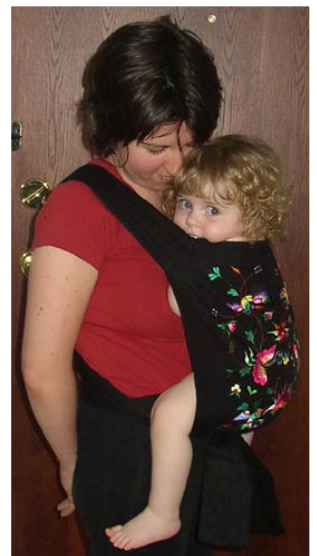
Research shows that carried babies cry 40-50% less. When your baby is close you will become aware of his needs more quickly. Babywearing makes long-term carrying easy.

Carried babies tend to be more alert

Babies that are carried see the world from an adult point of view, and adults will tend to interact more with a baby whose face they can see. Babies are less likely to be bored and can learn more about their world when they are up higher.

Carried babies are safer

Protect your baby from unwanted touches of strangers by sharing your personal space — a great way to keep babies safe from germs during cold and flu season.



How do you find the right baby carrier?

Different carriers are appropriate for different needs. Whether it's warm or cold, whether your baby is an infant or toddler, whether you wear baby all day or just for a few minutes here and there – these are all factors when choosing a baby carrier. There are hundreds of different types of carriers out there, for any size child, for any type of weather, for any budget. The trick is finding the one (or the set of two or three) that is perfect for you and your baby. NINO aims to help with that through local groups and other resources.

Some Basic Types of Carriers

Carrying Scarves/Wraps >

Squares or rectangles of fabric can be used to carry baby by wrapping and tying with knots. Used traditionally in many cultures because of the simplicity and versatility, these scarves can remain useful long after your babywearing days are over. New variations involve longer strips of fabric (5+ meters) and are often referred to as wraparound carriers or “wraps”. Wraps come in different types of fabric and can be woven or stretchy knit. *This woman is pregnant and comfortably wearing a toddler on her back in a woven cotton wrap.*



< Ring Slings

This very popular style is a modern variation of the simple carrying scarf. Rings, rather than knots, are used to adjust and secure the carrier. They can come with padded edges, or rails, and have a tail of fabric that can be left open or sewn closed. *This infant is being carried upright in a ring sling made out of silk.*

tying/ring point altogether, resulting in a very simple design. Many pouches are custom fit for the wearer, while some styles are adjustable with rows of zippers or snaps. *This is the cradle carry in a woven cotton pouch.*

Pouches >

Another popular modern sling variation is a pouch, which is a tube of fabric with a curved seam sewn in the middle, creating a “pouch” for baby to sit or lie in. This style removes the



< Soft Pack Baby Carriers

This style of carrier has a rectangular or square shaped body and four straps – one coming from each corner of the body piece. They have been used for centuries in Asia. Today, it can have some modern variations, such as padded straps, buckles, and clips. *This is a back carry in a cotton Mei Tai.*

How do you learn more?

Here are some great organizations and resources for you to check out to learn more about babywearing, to find a sling that is perfect for you and your baby, or to get involved in promoting babywearing.



www.NineInNineOut.org – NINO is a volunteer-run nonprofit organization that exists to promote babywearing and its benefits to the general public, healthcare professionals, and social services professionals. The NINO website has detailed information about our mission and goals, how to find or start a local NINO group, updates on babywearing-related scientific research projects, downloadable printed resources, newsletters, links, a discussion forum, contact info for instructors, and more.



www.TheBabyWearer.com – Consumer reviews of hundreds of different baby carriers (and where to buy them), in-depth articles on a wide range of babywearing topics, information on making your own baby carrier, and a busy forum dedicated to babywearing. This ever-expanding site also features monthly contests to win carriers, sales of babywearing-themed merchandise, and weekly online chats. 10,000 members strong!

www.WearYourBaby.com – Mamatoto is the website for babywearing instructions, videos, and tutorials. You'll also find easy instructions on how to make your own baby carrier — even without sewing!



www.RebozoWay.org – An organization dedicated to promoting rebozos, a type of traditional carrier that originated in Latin America, as well as traditional methods of birthing, family and community relationships, and attachment parenting as practiced by indigenous peoples worldwide.



groups.yahoo.com/group/babywearing – An online discussion list (web-based or via email depending on your preference) for people interested in wearing their child and learning about all aspects of babywearing. Over 1,600 members!



For those without internet access who would like to learn more about NINO please write to:

**Nine In Nine Out Info c/o Vijay Berry
1917 Bibb Store Rd.
Louisa, VA 23093**