

# What do I need to know before I buy a baby carrier or sling?



**Your choice of carrier determines your baby's comfort, happiness and health**

# Why wear your baby?

Babywearing is instinctive – and research backs up how vital it is that a baby feels secure, touched and nurtured by his or her parent or carer.

Using a baby carrier, wrap or sling (“wearing” your baby) so that baby is “close enough to kiss” allows parents to provide the most nourishing and desirable environment for their child.

## What are the benefits?

**Happier baby- carried babies cry less.** Research has shown that babies who are carried cry (on average) 43% less overall and 54% less during the evening hours.<sup>1</sup>

**Improves baby’s development.** Babywearing not only promotes an intimate connection between parent and baby, it’s hailed as one of the most important factors in the healthy physical, intellectual and social development of infants.<sup>2</sup>

**Touch does so much.** According to behavioural psychologist Sharon Heller PhD, touch is “our silent and most potent language”, helping parent/infant communication and strengthening their bond.<sup>3</sup>

**Better sleep.** Frequently carried babies fall asleep quickly and will usually sleep deeper and for longer, cozy and secure in their carrier.<sup>4</sup>

**A better parent.** The close proximity of the carried baby enables parents to respond to “non-crying” signals, which results in less frustration and stress and, most of all, less crying.<sup>4</sup>

**A well-designed carrier should look great, but more importantly, it should enhance and encourage development of the baby’s natural squatting position**



**A happier parent.** Babywearing has been found to calm fussy babies, helping to decrease the occurrence of post natal depression.<sup>5</sup>

**Hands-free love.** Allows parents to tend to their infant while being hands free, enabling them to cook dinner, garden, shop, exercise or play with other children.<sup>6</sup>

**Discreet breastfeeding on the go.** Wearing your baby allows you to feed your baby anytime and everywhere.<sup>7</sup>

1. Hunziker UA, Barr RG.1986. "Increased carrying reduces infant crying: A randomised controlled trial." Pediatrics 77:641-648 and Dr. Eckhard Bonnet (specialist in paediatrics, youth medicine, environmental medicine and sports medicine). 1998. Krankengymnastik 50 Jg No.8.

2. Powell A., "Children need touching and attention, Harvard researchers say." Harvard Gazette April 9, 1998.

3. Heller Ph.D, Sharon, Holt. The Vital Touch. Owl Books, 1997.

4. Conde-Agudelo A, Diaz-Rossello JL, Balizan JM. 2003 "Kangaroo Mother care to reduce morbidity and mortality in low birthweight infants. Cochrane Database Syst Rev (2): CD002771.

5. U.C.L.A Lactation Dept Study. 1988 and Dr. Eckhard Bonnet (specialist in paediatrics, youth medicine, environmental medicine and sports medicine). 1998. Krankengymnastik 50 Jg No.8.

6. Yvonne Quincey-de Guzman, manduca Australia, Trageschule babywearing consultant-in-training 2012.

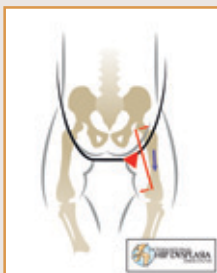
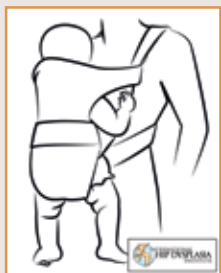
7. U.C.L.A Lactation Dept Study. 1988.

# Can carriers affect my baby's hip health?

"The hip joint is a ball and socket joint. During the first few months of life the ball is more likely to be loose within the socket. If the hips are forced into a stretched-out position too early, the ball is at risk of permanently deforming the edges of the cup shaped socket (hip dysplasia) or gradually slipping out of the socket altogether (hip dislocation). Hip dysplasia or dislocation in babies is not painful so this may go undetected until walking age and may also result in painful arthritis during adulthood. The risk of hip dysplasia or dislocation is greatest in the first few months of life."

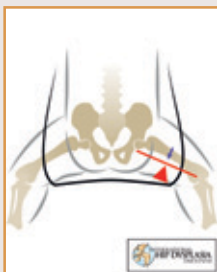
Source - International Hip Dysplasia Institute.

## Not recommended:



*Thigh NOT supported to the knee joint. The resulting forces on the hip joint may contribute to hip dysplasia.*

## Better:



*Thigh is supported to the knee joint. The forces on the hip joint are minimal because the legs are spread, supported, and the hip is in a more stable position.*

The International Hip  
Dysplasia Institute  
[www.hipdysplasia.org](http://www.hipdysplasia.org)  
is encouraging parents  
to choose a baby carrier  
that allows healthy hip  
positioning

### Not recommended:



*Baby carriers that force the baby's legs to stay together may contribute to hip dysplasia.*

### Better:



*Baby carriers should support the thigh and allow the legs to spread to keep the hip in a stable position.*

### Carry with confidence!

The manduca® baby carrier and the Je Porte Mon Bebe® (JPMBB) baby wrap are two choices that support the baby's thighs to the knee joint, and allow hips to rest in a stable position by spreading and supporting the baby's legs at the correct angle.

manduca® calls this the "M" position, but it is also known as the "froggy" position or "deep seat".

As well, both the manduca® and the JPMBB wrap transfer the majority of the baby's weight to the adult's hips, rather than the shoulders, reducing fatigue and ensuring correct posture.

The manduca® baby carrier and the JPMBB wrap enable a baby to see and feel the protection of their parent or carer at all times.

# Choosing the right carrier

## The Je Porte Mon Bebe Wrap® features:

- Easy-to-follow video tutorial at [www.jeportemonbebe.com](http://www.jeportemonbebe.com)
- Innovative cotton/elastane fabric – reducing the give or bounce seen in other stretchy wraps.
- Suitable from birth to first steps.
- Great distribution of baby's weight on the hips, shoulders and back.
- Unlike woven wraps, there is no need to “leave room” for the baby. You pre-tie the wrap without the baby and then “pop” them in.
- You can put the baby in and take them out of the wrap with the wrap on. You don't have to untie it.





## **The manduca® features:**

- Fully adjustable to carry newborn to toddler (up to 20 kg).
- German design and quality control, using organic and sustainable materials, and YKK zips.
- Carries on front, hip or back – and can be used while breastfeeding.
- Designed to be worn for long hikes or outings in comfort.
- Organic cotton newborn insert is built into every manduca®.
- Zipper extension lengthens the size of your manduca® as baby grows.
- Secure two handed clasp on the extra long hip strap.
- You Tube demonstrations at [www.manduca.com.au](http://www.manduca.com.au)

**Choosing the  
right carrier can  
make a world  
of difference**

Brought to you by:



**manduca®**

If you have further questions about babywearing,  
speak to one of manduca® Australia's qualified  
Babywearing Consultants. Details at  
[www.manduca.com.au](http://www.manduca.com.au)

Information on carrier and sling safety can also be found at  
the ACCC Infocentre website: [www.productsafety.gov.au](http://www.productsafety.gov.au)  
and at the Baby Carrier Industry Alliance:  
[www.babycarrierindustryalliance.memberlodge.org](http://www.babycarrierindustryalliance.memberlodge.org)

We have a friendly online community:



Manduca Australia



ManducaOz



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