

I can make dinner: Babywearing for parents

Carole Peterson MS, IBCLC

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- WIC
- Fort Wayne, IN
- Illinois Mentorship group

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So what is the big deal?

- New parents are overwhelmed
- Rarely prepared for on going tasks and demand of a new baby
- “I thought all babies do is sleep and eat”
- “I never even get a shower before 5:00 pm, if then”
- “I can’t believe how much there is to do”
- “I am so tired”

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All quotes from new
parents

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We are rarely around new babies

- For long periods of time
- No one tells us how much there is to do
- Many times no one to help/support
- Alone
- Lost
- Unsure

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Why is it important now?

- Baby wearing has been done in many cultures around the world for centuries
- How we can get anything done!

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90% of mothers in Guatemala

- Report baby wearing
- Replaced in US by strollers and car seat carriers

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Mammalian babies

- Hang or cling to their mothers for survival
- Part of development
- Little more difficult for humans

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Non western cultures

- Believe in proximal infant care
- Western cultures have moved away from this

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Western cultures

- Many times holding is discouraged
- “you will spoil the baby”
- Opposite is true
- What SHOULD I do?

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Is this trendy or a parenting tool?

- Both!
- Research shows the advantages of baby wearing

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Early work indicated

- Less crying
- Calming baby
 - Hunziker, Barr 1986

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Makes sense.....

- Movement
- Closeness
- Sounds
- Experiences
- “Womb to the world”

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Then we learned better attachment

- Important for development
- More security for infant
 - Anisfeld, 1990

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Attachment is so important

- But especially for adolescent parents
 - Learning cues
- Low income, urban parents
- Stressed parents, crying babies

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Learning infant cues is so important

- Learn your baby
- Distress
- Response to needs
- Not all crying about food
- Underfeeding versus over feeding

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When parents baby wear

- More likely to be responsive
- More time in quiet alert state when learning happens
- More likely to be aware of feeding cues
- When to feed!
 - Little, 2019

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Themes identified by parents

- Useful parenting tool
- Enhanced bonding, calming
- Convenience, infant well being

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Benefits for babies

- Attachment, security
- Bonding
- Breastfeeding
- Interaction, development

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Benefits for parents

- Calming
- Less crying
- Convenience
- I can do things!

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Anybody can do it

- Anyone help help!!

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When we baby wear

- Less stressful than in arms carrying
- Also more efficient
- “travel longer and faster”

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Provides closeness

- Even when doing other tasks
- Allows for multitasking
- Shopping, cooking, cleaning

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Even working

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You CAN do this!

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Fathers, too

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Increased oxytocin

- Bonding
- Ease of breastfeeding
- Lowers incidence of depression

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Relaxin

- Healthier for spine
- Decreased repetitive movements
- Lifting car seats may lead to postural or spinal misalignments

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We use more calories

- 500 k/cal
 - Gettler, 2010, Wall-Scheffler and Myers, 2008
- Who doesn't want that?

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Others can help

- Anyone can do this
- If you are holding a baby you are helping!

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What about breastfeeding?

- Recent article in Pediatrics
- More likely to be breastfeeding at 6 months
- Little difference at 6 weeks or 3 months
- More breastfeeding
- Longer duration

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Advantages for the disadvantaged

- Learn cues
- Less stress
- Better bonding
- NICU babies
- Comfort for withdrawal
 - Eat, Sleep, Console

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Program for parents in recovery

- At our clinic
- Basic tenets
- Support
- Follow up
- Breastfeeding
- Slings

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Carried or worn infants

- Are calmer
- All their needs are being met
- Beneficial for neural development
- Soothing and balancing effect

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Concerns with baby wearing

- Safety
- SIDS
- Be aware of position

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Study of 47 deaths

- 31 in car seats
- 5 in slings
- 4 in swings
- Time alone in car seat 140 minutes
- In sling 26 minutes
- 300 minutes in swings
 - Batra 2015

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Need education

- About the safe use of car seats
- Not left unattended
- Not sleeping in car seats
- Asphyxiation
- Pressure on neck
- Safe sleep!!

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Safe baby wearing

- Koala or kangaroo position
- Fit sling to baby
- Find a comfortable sling for parental use

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Types

- Ring-slings
- Can adjust ring
- Adjust to infant body

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Types

- Woven wraps
- Longer learning curve
- Can use as baby grows
- Adjust to body type

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Meh Dais

- Wrap straps and cinchable panels
- Not above infant ear

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Buckle carriers

- Similar to Meh Dais
- Buckle instead of tie
- Harness to hold infant high

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Back pack or front carrier

- Not the best
- More rigid
- Less flexibility
- Baby needs upper body strength

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What if you do not have a carrier available?

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Parents will need

- Practice and education
- Role play with doll model

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Choosing a carrier

- Can be worn, front side and back
- Baby be positioned front, upright with legs straight or bent comfortably
- Can sleeping infant be easily moved

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Choosing a carrier

- Can baby be breastfed while carried

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Choosing a carrier

- Large enough for several months use
- Easily washable
- Evenly distribute infant's weight
- Infant be repositioned easily
- Are the wearer's hands free

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Examples of carriers on the market

No affiliations, no recommendations

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Model baby wearing!

- Thank you for joining me

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