Seven Reasons Not to Carry Your Baby Facing Out

Outer Womb – Jeanne Ohm, D.C. *Pathways #42*, page 46



Talking Points

- ❖ Why would a chiropractor recommend wearing your baby facing inward, rather than out?
- How great is it that more parents are returning to the natural practice of baby wearing, however "the modern world tends to make alterations based on style, not health or well-being. Telling parents that babies 'want to look where they are going' is one such marketing ploy that created these outward-facing carriers." (46)
- Seven reasons why outward-facing carriers cause our babies stress:
 - "These carriers are not designed to support the child's developing hips." (46)
 - Babies legs dangle when in these outward-facing carriers
 - "The optimal positioning for a baby's legs is with the knees up above the hips in a squatting posture, and with the legs separated in a straddle type of position."
 (46)
 - "Outward-facing carriers put undue stress on the infant's spinal curves." (46)
 - The baby's C-shaped spine is forced into a reversed position
 - It takes time and specific self-activated movements to form the curve found in older children and adults
 - o "Take notice: Many parents who have their infants facing outward are either holding their baby's legs up, or the baby is grasping the parent's fingers." (47)
 - Babies have no way to stabilize themselves in this position, their center of gravity is off
 - They also lean back in an attempt to stabilize which also affect structural development and places extra stress on their spine and nervous system
 - o "Babies bond with human faces, particularly those of their own parents." (47)
 - When facing outward, babies cannot see their parent's face
 - Seeing their parent's face is a natural, innate need
 - o "Babies like to nurse on demand." (47)
 - Plain and simple a baby can't nurse when facing outward
 - Parent's can't read babies cues (hunger, etc.) when they are facing outward
 - "Babies like to nap frequently." (47)

- Babies can nap and cuddle when facing in
- It's beneficial for babies to turn their head to either side while napping in a carriers
- "Wearing babies facing out hurts" (47)
 - It hurts the wearer by throwing their posture off in an attempt to keep balanced
 - It throws off the babies center of gravity which causes the wearer to over compensate
- "Wearing babies facing inward is the safest, most natural way to carry a baby, and has been practiced for centuries by our ancestors." (47)

Resources

Full references for each article are available at http://pathwaystofamilywellness.org/references.html

Proper positioning in a baby carrier, safety tips, advice and links to other helpful websites http://www.safebabywearing.com/

Do you have or know someone who has a Baby Bjorn or other narrow based carrier? Check out this scarf hack to bring the baby's knees up and away from the dangle: http://www.fineandfairblog.com/2013/12/narrow-based-carrier-scarf-hack.html

Information on hip dysplasia and pictures demonstrating recommended and not recommended positions while baby carrying and while in a car seat http://hipdysplasia.org/developmental-dysplasia-of-the-hip/prevention/baby-carriers-seats-and-other-equipment/

Boba's 9 Reasons Not to Carry Your Baby Facing Out http://www.boba.com/blog/2011/10/11/nine-reasons-not-to-carry-your-baby-facing-out/

"Baby Wearing - Suggestions for Carrying Your Baby: A Chiropractic Perspective" by Jeanne Ohm, DC http://pathwaystofamilywellness.org/The-Outer-Womb/baby-wearing-suggestions-for-carrying-your-baby-a-chiropractic-perspective.html

"The Benefits of Baby Carrying" by Elizabeth Antunovic http://pathwaystofamilywellness.org/The-Outer-Womb/the-benefits-of-baby-carrying.html