

- 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>