

The Wearable Baby

Outer Womb – Andrew Dodge, D.C.
Pathways #42, page 44

OUTER WOMB
The Wearable Baby By Andrew Dodge, D.C.
When comparing baby-wearing to carrying babies in a car seat, the car seat doesn't stack up
A childrearing choice that can be equally as popular as a car seat is baby-wearing. Unlike baby-wearing and car seats, carrying your baby in a car seat is often done in a car. Baby-wearing, on the other hand, is done in a variety of ways. It can be done in a car, but it's often done in a stroller, a carrier, or a sling. The benefits of baby-wearing are numerous. It allows parents to keep their hands free while still keeping their babies safe and secure. It also allows parents to keep their babies close to their bodies, which can be comforting for both the parent and the child. Baby-wearing also allows parents to keep their babies in a more natural, upright position, which is beneficial for their development. Finally, baby-wearing allows parents to keep their babies in a more comfortable position, which is also beneficial for their development.



...comfort and stability that with simple or complex movements. These are the flat surfaces in the brain to develop and grow being done the foundation for the rest of brain and body development. If this foundation is not strong, other parts that will bring in the development of brain and body will not be strong. Furthermore, strong baby carrier can help the baby to feel secure and comfortable with the world around him. This can help with all of the stress and movement, such as road vibrations between the parent and child, and the baby's experience being uncomfortable while being held and so on. *—Dodge, M.D., D.C.* These things that are mentioned are some things that can help with baby's development. The more things that are mentioned, the better the baby's development will be. ...
...There is strong evidence to support the use of baby carriers. Baby carriers are safe and effective ways to carry babies. They allow parents to keep their babies close to their bodies, which is comforting for both the parent and the child. Baby carriers also allow parents to keep their babies in a more natural, upright position, which is beneficial for their development. Finally, baby carriers allow parents to keep their babies in a more comfortable position, which is also beneficial for their development. ...
...Being able to connect with each other physically and emotionally is an important part of baby's development. Without this connection, baby's development can be delayed. Baby carriers allow parents to keep their babies close to their bodies, which is comforting for both the parent and the child. Baby carriers also allow parents to keep their babies in a more natural, upright position, which is beneficial for their development. Finally, baby carriers allow parents to keep their babies in a more comfortable position, which is also beneficial for their development. ...

Talking Points

- ❖ How many of you know or watch parents drag their children around in heavy, bulky car seats? Are you one of them?
- ❖ “Baby-wearing is one of the best things you can do for a baby’s optimal structural, neurological, physiological and emotional development.” (44) We have to mention – it’s better for you too!
- ❖ There are so many benefits for babies when they are worn properly:
 - They are in a better biomechanical position for spinal and muscle development
 - Aid in the development of postural muscle tone
 - “Huge amount of input into the baby’s vestibular system (the balance centers in the brain). This movement not only helps to build those neurological pathways, but it also helps to build the part of the brain that tones the core musculature and intrinsic spinal muscles that give the body the ability to balance, coordinate and stabilize itself with simple or complex movements.” (44)
 - The best way for baby to see, hear and interact with the world around him
 - Increases antibody production and her body temperature to fight off illnesses
 - They feel safe and secure
- ❖ “When babies lie flat on their back in a car seat for a prolonged amount of time, the gravitational effects on their spines begin to straighten the developing curves.” (44)
- ❖ The changes brought about by babies lying on their backs for prolonged periods of time can cause an array of different problems.
- ❖ The benefits of baby wearing are not transferred over to carrying your baby in their car seat. It can’t be beat!

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/>

“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>

Responses

Heather—If your practice or Pathways Connect group has a number of babies or pregnant women, doing a baby wearing demonstration would make a GREAT Pathways Connect group. Many women (and men!) feel intimidated by all of the options, the cost, or the complication of some of the carriers. Do a “show and tell” of as many carriers as possible. Maybe even bring in some materials, and watch some DIY videos (youtube is full of these) and have fun! (As an aside, a cloth diaper demonstration might also be worthwhile! Gauge your group).