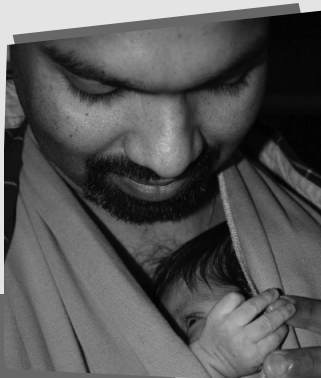




Babies are born with urgent and intense needs and depend completely on others to meet them. Nurturing touch helps meet a baby's need for physical contact, affection, security, stimulation and movement, all of which encourage proper neurological development and secure attachment. Slings and other soft baby carriers foster nurturing touch that increases healthy growth and development; helps parents keep babies close and safe while hands free; and helps parents avoid the overuse of devices such as strollers, swings, and car seats that can increase the potential for plagiocephaly, or "flat head syndrome."

Attachment Parenting International (API) advocates babywearing as a practice within one of its Eight Principles of Parenting that focuses on fostering nurturing touch.



REFERENCES & RESOURCES

- Attachment Parenting International, AttachmentParenting.org
- API Support Groups
- AttachmentParenting.org/parentingtopics/babywearing.php
- *Attached at the Heart*, Barbara Nicholson and Lysa Parker
- *Babywearing: The Benefits and Beauty of this Ancient Tradition*, Maria Blois, MD
- Dr. Sears on Babywearing Benefits and Safety, Balboababy.com
- *Is my sling safe? -or- Not all slings are created equal!* Sleepingbaby.net
- Baby Carriers - Correct Positioning & Safety, Babyslingsafety.blogspot.com
- Babywearing Safety - Facebook
- Babywearing International—Babywearinginternational.org
- Babywearing instructions—Kellymom.com

API thanks the following Babywearing Advocates and Safety sponsors for their commitment to providing families with valuable safety information:



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*Attachment Parenting International (API) urges parents to use good judgment regarding the safety of their children. API publishes this information knowing that parents practice babywearing, and as such API is committed to keeping children safe and healthy by providing the most current safety information available. There are no definitive guidelines for babywearing safety that are backed by controlled testing; however, API endeavors to provide herein an orientation to safety concerns for all parents. API, its Support Groups, its sponsors, and its partners assume no liability in the event of infant, child, or parent harm and are held harmless from any harm, loss, or legal liability arising from information they provide.

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Close to your Heart

Tips and safety information for Infant Babywearing

