

BABY WEARING REFERENCES

USING A SLING

-Books:

- *Babywearing* by Dr. Maria Blois
- *The Baby Book* by William Sears

-La Leche League

<http://www.llli.org/FAQ/babywearing.html>

-Kelly Mom

<http://www.kellymom.com/parenting/sling.html>

-Attachment Parenting International

<http://www.attachmentparenting.org/parentingtopics/babywearing.php>

-Peppermint

<http://peppermint.com/>

-Ask Dr. Sears

<http://www.askdrsears.com/html/5/t051100.asp>

CHOOSING A SLING

-TBW: The Baby Wearer.com

<http://www.thebabywearer.com/>

-Mamatoto

<http://www.wearyourbaby.com/>

MAKE YOUR OWN

- Sleeping Baby Productions

<http://www.sleepingbaby.net/jan/Baby/>

- The Baby Wearer

<http://www.thebabywearer.com/lists/Sewing.htm>

- Sling Rings

<http://www.slingrings.com>

- Sling me Mommy!

<http://www.slingmemommy.com/pattern%20frame.htm>

SAFETY TIPS

- ✓ When starting out, help to support your baby in your sling with your hands and don't go "hands free".
- ✓ Don't wear your baby near hot stoves, when using sharp objects or consuming anything hot.
- ✓ Tired parents can almost "forget" sleeping babies are being worn so walk carefully around corners and through doors.
- ✓ Never use a carrier or sling in the car or on a bicycle.
- ✓ Bend at the knees if you have to pick up an object, keeping one hand on the baby. You don't want to lean forward or be in a position that baby can slip out.
- ✓ If you are carrying a toddler, keep in mind that inquisitive little ones have long reaches. Please keep well away from dangerous objects when carrying them in slings.
- ✓ Check for wear and tear and make sure all seams are strong.
- ✓ Follow all laundry instructions. You may not want to put all wraps in the dryer because of shrinking. You may want to avoid laundry softener on ring slings to avoid rings slipping on slick fabric.

Remember, using a sling or carrier takes practice, so don't give up! For more information on breastfeeding & how to wear or choose a sling or carrier, call your local Chester County La Leche League Leader.

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<http://www.beanmom.com/laleche>

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