

## What You Need to Know

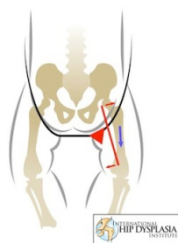
### Benefits of Using a Carrier

- Promotes child parent bonding
- Alternative transport method
  - Frees up parents hands
  - Opportunity for baby to be off of their back reducing chances of developing flat spots

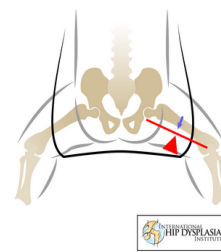
### Things to Consider

- **Weight Limits**
  - Don't forget to check the lower limit too!
- **Head and Neck Support**
  - Very young infants need a lot of support
  - Avoid a carrier that allows your child's head to drop onto their chest
- **Age and Position**
  - Newborns should be faced inwards to provide adequate support for the head
  - Older children (4-6 months) have the head control to safely face outwards
  - Babies vision is developing concurrently with their motor skills
    - Inward facing limits overstimulation early on
    - Very young babies are attracted to faces - face to face positioning is beneficial for social, language and cognitive benefits
    - If a young baby (<6 months) adamantly prefers outward facing be sure
      - They have the head and neck control to support themselves
      - The environment is calm and familiar
- **Hip Position**
  - Carriers do NOT cause hip dysplasia
  - The best position for promoting hip development is a "frog-legged" position
  - Look for a carrier with a wide enough base that it supports this position avoiding the legs dangling straight down (See illustrations\* below) \*downloaded from [www.hipdysplasia.org](http://www.hipdysplasia.org)

Not recommended:



Better:



- **Length of time**
  - With proper fit, length of time does not pose safety concerns but...
  - Keep in mind
    - Motion is important for all areas of development!

**Baby**

**Carriers:**

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## **What You Need to Know**

- Make sure your baby spends lots of time outside of carrying equipment to move around!