

# Babywearing Overview

Babywearing SLC group- This free group of moms (dads welcome, too) generally meets at 10:15 on the second Friday of each month at the Sprague library in Sugarhouse. They are very helpful and also have a lending library! More at [www.facebook.com/groups/BabywearingSLC](http://www.facebook.com/groups/BabywearingSLC)  
OTown Babywearers group- [otownbw.blogspot.com](http://otownbw.blogspot.com) (also on Facebook). Awesome group!

## Stretchy wraps

- A long piece of stretchy but supportive fabric that parents tie onto their body
- Advantages: great for snuggly little babies, warm for cooler months, carriers are pretty easy to find locally, adaptable to any size babywearer
- Disadvantages: while the stretchy wraps are safety rated up to 35lb, they often start to 'sag' and feel less comfortable with a baby that is much bigger than 15-20 lb. They can not be used for back carries, only front facing-in carries.
- Learning curve: learning to tie the wrap can be awkward at first (practice, watch youtube)
- Common brands: Moby wrap, Boba wrap, Wrapsody (hybrid wrap)
- Price: used as low as \$20 or so, new retail can be around \$35-\$60

## Woven wraps

- A piece of woven fabric (linen, hemp, cotton, wool, bamboo, blends) that comes in a ranges of sizes (from about 8 - 18 ft) that parents can tie to their body in a variety of ways
- Advantages: Much more supportive and customized than a stretchy wrap, come in any color/design imaginable, can be used for tons of different "carries" by tying the wrap differently, safe for front or back carries, safe for small babies through toddlers (depending on fabric- some is more supportive than others), fits many wearers
- Disadvantages: can be very expensive (some wraps are very limited edition and collectors items and sell for more than retail), often need to be "broken in" and require special care, usually not available locally (sometimes ordered internationally)
- Learning curve: just choosing which wrap to buy can be overwhelming, and then each type of carry has its own learning curve (lots of Acronyms in the woven wrap world)
- Common brands: Didymos, Girasol, Kokadi, Little Frog, Pretty Paisley Productions, Natibaby, BB Slen, Storchenwiege and more!
- Price: starting just under \$100, specialty wraps can go for several hundreds

## Pouch sling

- A sized, sewn loop of fabric that creates a pouch for baby to sit in
- Advantages: generally inexpensive, variety of fabrics, very small when folded up
- Disadvantages: really easy to wear incorrectly, often the wrong size, hard to get to a point where it doesn't feel scary, parent has less freedom of movement
- Learning curve: There aren't a ton of options how to wear it (just hard to get right size)
- Common brands: Seven Slings, Hot slings, Munchkin Jelly Bean, Balboa baby, more...
- Price: \$13-50ish

### **Ring Sling** (double ring sling)

- A piece of fabric that has a shoulder sewn onto rings to make an adjustable carrier
- Advantages: adjustable, good for quick on and off wearing
- Disadvantages: not quite as supportive for all-day wearing
- Learning curve: there are various options of “shoulder-type.” It helps to try the options on to see which you find more comfortable. Also, ring slings can be very comfortable if adjusted correctly, but you may need some fine-tuning to get it perfect.
- Common brands: Maya wrap, many ring slings are sewn from woven wraps
- Price: retail starts around \$60, wrap conversion ring slings (WCRS) can be pricey
- DIY Note: tutorials online, buy rings from slingrings.com, take care sewing

### **Mei Tai**

- A fabric panel that has four straps to be tied around wearer’s waist, over shoulders, and around baby.
- Advantages: very adjustable for various size wearers, generally less expensive
- Disadvantages: requires tying each time, long “tails” less convenient when tying outside
- Learning curve: a bit more than a buckle carrier, but less than a regular wrap
- Common brands: Infantino Wrap & Tie, Infantino Sash/EcoSash, BabyHawk
- Price: starting at \$25 on up (wrap conversion Mei Tais can be pricey)

### **Soft Structured Carriers** (“buckle carriers”)

- A carrier that fits somewhat like a backpack and can be worn on front or back
- Advantages: adjustable for the wearer, easy on/off, great for babies through toddlers, front and back carries (some models do side carries), very supportive, has hood for baby
- Disadvantages: some models require modification for newborns
- Learning curve: Easy. Once you get this carrier adjusted perfectly, you can leave it that way! back carrying takes a bit of practice
- Common brands: Ergo, Boba 3G, Tula, Kinderpack
- Price: retail (on sale) starts around \$60-80, regular price is around \$120, wrap conversion custom carriers can be quite pricey
- Note: There are lots of knock-off Ergos out there, especially online. Make sure you are buying from a reputable source (“authorized retailer”) to ensure best quality.

### Selected websites:

(see note at the top of this document for the local Babywearing SLC group)

Utah County Babywearers <https://www.facebook.com/groups/386442361404823/>

Babywearing Swap on FB (buy/trade) [www.facebook.com/groups/thebabywearingswap/](http://www.facebook.com/groups/thebabywearingswap/)

Babywearing on a Budget (under \$100) <https://www.facebook.com/groups/156002947911287/>

Babywearing Love and Support <https://www.facebook.com/groups/377237985638946/>

Thebabywearer.com

PAXBaby.com

Local: OneLuckyMama.com (Riverton cloth diaper and baby carrier store)

Local: Pretty Paisley Productions (custom dyed woven wraps) - find on Facebook