

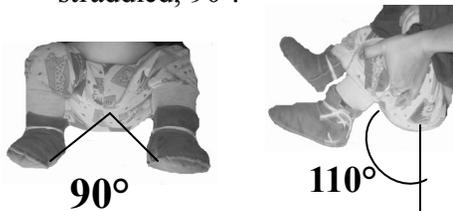
## Correct Hip & Leg Position & Spinal Support

For the healthy development of your baby



A baby, when being picked up, will automatically pull the knees up, bringing the hip into the perfect straddle squatting position.

Dr Ewald Fettweis, a leading osteopath in Germany, has extensively researched babies hip development and came to this conclusion. It is best to support baby's natural leg and hip positioning in order to keep the joint in the hip for proper hardening of the cartilage of the hip socket. To ensure the optimum position, a baby should have the knees up, squatting, about 110° and spread, straddled, 90°.



“Because the human is a physiological premature birth, the skeleton of a newborn is mainly cartilage. The squatting spread position is most favorable. A clue for this is, for example, those populations where babies are carried in a wrap, close to the mother's body, hip luxations are basically non-existent. When the children sit in the wrap, the legs are 90° or more lifted up and moderately spread, keeping the leg from being straightened. Thereby the pivotal muscles push above the hip ball into the socket, thereby creating a hydrostatic pressure, which in turn supports the hardening of the bone.”  
Dr. Ewald Fettweis

## Babywearing Educator



Consulting with a certified babywearing educator will ensure:

- You receive respect and love for each individual situation
- You receive sound information
- You will learn different tying ways
- Receive help in matching the best tying way or baby carrier for your child's personality and your preferences
- Get information and research on baby's development
- And more



Back, front, hip, nursing, one or two babies, baby with special needs, and more. An educator can help you feel comfortable in all situations in bonding with your little one while wearing them.

For more information and individual instructions, please contact:



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# BABYWEARING

## BONDING LOVE FOR A LIFETIME

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## Safe and Securely Attached

Expert Information for Carrying Children

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## Babies are Parent Clingers

In 1970 Bernhard Hassenstein, a biologist and behaviorist, coined the phrase, “parent clinger” to describe the human young. Unlike other youngsters, a baby is neither a atricial (staying in the nest) or nidifugous (leaving the nest immediately) species, hence the perfect term, “parent clinger.”

To build a “secure base,” as the great psychologist and attachment expert Mary Ainsworth called it, a baby needs

- to be in close physical contact with the caregiver at all times
- Comfort when feeling distressed
- Reassurance when frightened
- Immediate nourishment when hungry

From this secure base of attachment a child can “move off; develop, explore and become self-reliant.” (Marvin)



“...I tell people never to miss an opportunity to hold a baby.”  
-Mary Ainsworth



## Benefits of Babywearing

The physical closeness when babywearing offers many benefits to parent and baby.

**The close body contact is a non verbal way to communicate warmth, security and love.**

Some of the benefits **for baby** are

- Feeling of love, no anxiety
- Feeling secure
- Learn to trust
- Life is active, baby is part of a family system
- The neural system is stimulated, hence a better sense of equilibrium
- Digestive system is stimulated, less or no colic
- And much more

### For Parents

- Happier baby and parents
- Therapeutic
- Hands free, maybe to help an older sibling
- More self confident in own parenting abilities
- And much more



Babywearing.school.com



**Facing in!**  
Why baby should face you, never out!

Some caregiver, even manufacturers, advertise facing baby out in a baby carrier.

**Experts strongly advise against it.**

Some of the most convincing reasons:

- the spread squatting position is best for the developing hip socket and spine, **which is not possible when facing out!**
- Baby rides on the most sensitive part of the body, which can lead to deformation and/or infections
- The back is pushed into an unnatural position, a hollow of the back
- External stimuli crashing in on your baby which is too much to handle or process, will make baby hyper with no way to turn to the babywearer (secure base) for comfort
- Sleeping is next to impossible, and if baby manages to fall asleep, the sleep is far from being restful or comfortable
- Baby can't find security by straddling legs around the babywearer. Like dangling from a climbing harness for hours, cutting of circulation in the lower limbs
- The center of gravity for the babywearer is too far out, leading to back and shoulder strain.

Babies however like the alternative possibilities of either **hip carries or back carries**

