

Mothers/families all over the world carry their babies in different ways - in their arms, in cloth slings on their fronts, backs, or sides, in commercially available versions of slings, front packs, and back packs. In many countries, babies and infants spend most of each day being carried by their mother, or a family member, or even an older sister who could be as young as 5 or 6 years old herself. Canada is among the countries where children have the least physical contact with their parents and other caregivers.

Carrying children has an important role in promoting attachment. The close physical contact between mothers, other caregivers, and children provides a sense of security to children. It enables mothers and other caregivers to quickly respond to their children's needs. Carrying children is also an effective way of soothing them when they are distressed..

Benefits of Carrying Children:

- Allows mothers, and other caregivers to continue to do daily activities while promoting secure attachment.
- Enables mothers and other caregivers to be responsive to child in distress.
- Enables mothers to breastfeed easily.
- Organizes and regulates child.
- Reduces crying and colic
- Stimulates the development of the baby's nervous system
- Promotes language and social development
- Promotes cognitive development (carried babies are more involved - able to observe what is going on around them while mother carries out daily activities)
- Protects the baby from over-stimulation
- Encourages a tired baby to wind down and go to sleep
- Allows parents to more easily spend time with their older children