

Why I Wear My Baby: A Dad's Perspective

Description

Before Avery, my daughter, was born, I knew I wanted to wear her in a carrier. But, I was uninformed about the actual benefits of babywearing, I just thought it would be a cool way to get some extra exercise! Do you know anyone who tries to turn anything into some form of exercise? Well, meet one more!

With zero research, my wife and I bought a Baby Bjorn and thought we were all set. Once Avery was born, I was wearing her in the Bjorn at two weeks as we went on and did chores around the house.

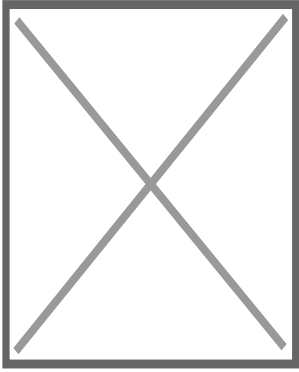
Like most new parents these days, I proudly posted pictures of myself wearing Avery on Facebook and



In one of my posts, I mentioned how I had sore shoulders after a long walk and another dad commented saying to ditch the Bjorn and get an Ergo. Then several other dads chimed in giving full support of getting a better carrier. Thus, my baby carrier research began.

For days, I read and re-read fact sheets on baby carriers and reviews by other parents. I was surprised at how detailed and passionate so many parents are about babywearing. I finally concluded that I had been doing it all wrong; letting my baby's legs dangle and even having her face outward! According to the [International Hip Dysplasia Institute](#), dangling legs put your baby at a high risk of developing hip dysplasia.

Needless to say, I had to find a high quality carrier that would allow both Avery and me to be safe and comfortable wherever our adventures take us. Trying to figure out which one would be best was difficult; you'd think I was buying a new car! Then, I came across a review on Onya Baby and was drawn to their carriers. I know the other dads mentioned Ergo, but I had to make sure I didn't rush into things like I did with the Bjorn.



I e-mailed Onya about possibly allowing me the opportunity to try one of their carriers and write a review on my blog. I received an upbeat response from Diana, who, after we spoke on the phone, kindly agreed to send their Outback model. Oh my gosh, I *felt* like I was getting a new car! I have since posted [my review on our Onya Baby Outback carrier](#) and am happily using it almost every day.



Ready to go on our first hike.

I say almost because Ergobaby recently sent me the [Ventus carrier](#) from their performance line to review and I use that as well. So far, Going Mom and I both enjoy it and itâ€™s a good option for store trips. Having use several carriers now, I realize that there are many great choices out there and the best choice will vary depending on each individualsâ€™ preferences.



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Through all of this, I learned a great deal on the benefits of babywearing for both parents and their babies. For instance, if your baby simply hates “tummy time”, babywearing is said to [eliminate the need for this exercise](#). Avery was part of the “tummy time” hate club, but she eventually learned to roll over without much time spent on her stomach. Was it from being worn in a baby carrier? I’m not sure, but I bet it definitely had a big role in her success.



Roll over success!

Babywearing offers a myriad of benefits over alternatives like strollers and car seats; here are several just to list a few:

- It aids the baby in developing balance, motor skills, and mobility in general.
- Babies who are worn are less likely to cry as much during the day and even at night!
- Parents and their babies have a stronger bond when worn or carried and it will last all the way into adulthood.

- Carried babies are happier and healthier.
- Babies get a better view of the world around them when worn. Poor babies in strollers or car seats only know a world of knees and shins!
- Babywearing parents also enjoy the freedom of both hands and to move around safely with baby happily close to you. Plus, my original reason for wanting to wear my baby, it really is great exercise!

I found these benefits of babywearing and much more on [Boba's website](#), [Mark's Daily Apple](#), and [Onya's blog](#). All sites are packed with useful information to answer all of your babywearing questions along with cites and sources to back it up.

The benefits listed above and on the websites add up to why I wear my baby, and can be explained in one word; love. Yes, I wear my baby because I love her more than I ever knew possible.



Skin to skin with dad!

The feeling that overwhelmed me as I watched Avery come into the world for the first time was a feeling of unconditional love. I only felt it one other time as I watched Going Mom walk down the aisle in her wedding dress. The air escapes from my lungs and I feel my heart stop in awe as happiness flows through my body; that's true love!

As a dad, I will never be able to duplicate what my wife shares maternally with Avery, so I count on babywearing to get as close as I can. I wear my baby to help her grow into a happy, strong, confident, and loving daughter.



Heading out for a walk.

I am proud to have her close to me as I shop at the store, go on long walks, [mow the lawn](#), or just move around the house. Everything we do and see, I tell whatâ€™s going on and I know sheâ€™s absorbing all of it in her constantly growing brain.

So, when asked why I wear my baby, I could pull out a list and go over the slew of reasons, but I will just say itâ€™s because I love her. And, according to The Beatles, â€œAll You Need Is Loveâ€•! Iâ€™m a proud dad to the most adorable girl and happy husband to the most amazing wife, and love is what makes us a happy, healthy family. Okay, and good food and exercise!

I want to express my deep gratitude to Onya Baby for giving me the chance to see what a real baby carrier is like which has turned me into a major advocate for babywearing!

Are you a fellow babywearer?

If so, what are your reasons?

If not, would you like to?

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