

How to Choose the Types of Baby Carriers for Dads

Description

It's hard to argue with the convenience of a stroller when you want to enjoy a walk with your baby. But not every car or home can fit in the bulk of a stroller. And in some locations, transporting your baby in a stroller just isn't a good idea altogether.

Luckily, you have the time-tested tradition of baby wearing to tap into. And you don't even have to worry much about choosing the wrong baby carrier, since they're all checked for safety. All you have to do is navigate through the multiple types of baby carriers for dads out there.

Our guide will help you do just that.

Why Use a Baby Carrier to Begin With?

Opting for a baby carrier instead of a stroller comes with a number of unique advantages. With a baby carrier, you can:

- **Squeeze in a workout** When you're using a baby carrier, you're essentially doing a loaded carry with the weight of your child. That's some [cardio and core training](#) right there. You can even do squats, good mornings, or lunges – all without spending a minute away from your baby.
- **Keep your baby calm and relaxed** According to research, carrying your baby for just a few hours during the day helps minimize crying in the evening. And it also makes your baby a lot less agitated in general. This is clearly good for the baby's fragile nervous system.
- **Free up your hands** Caring after an infant is a lot of work. But it's not like all the other chores suddenly get canceled. A baby carrier keeps your child close as your hands stay free to handle other tasks. Be it doing the dishes or taking care of other kids, you won't feel torn apart.
- **Help your baby enjoy more comfort** In some places, you may be hard pressed to find a decent seat for your child. After all, infants aren't exactly capable of sitting on regular chairs. A baby carrier makes for a wonderful alternative to a high chair, making your child feel comfy.

Besides these benefits, a baby carrier allows you to foster a deeper bond with your child. As you spend more time close to your infant, you lay a solid foundation of your parent-child relationship. And this exact bond works magic later, when you face the challenges of raising a child. Let's take a look at what type of baby carrier is the best fit for you.

Main Types of Baby Carriers for Dads to Check Out

There are several types of baby carriers to pick from that are [designed for dads](#). Each comes with its own pros and cons:

- **Soft structured** Versatile and convenient, soft structured baby carriers work well for infants and toddlers alike. Featuring buckles and straps, as well as padding, they are easy to adjust exactly

as your child needs. They require tweaking to fit in the youngest babies, though.

- **Hard structured** This type of baby carrier may not be as adjustable as soft structured alternatives. But it's ideal for times that call for a longer trip, such as when you go hiking with your child. Hard structured baby carriers feature a frame that makes them more reliable.
- **Soft wrap** In essence, a soft wrap baby carrier is a long piece of stretchy fabric that you fasten around your body. While it's highly adjustable, a soft wrap baby carrier takes more time than other types to get the hang of. And it also isn't suitable for older infants.
- **Woven wrap** Similar to soft wrap alternatives, woven wrap baby carriers are long pieces of material that you wrap around your body. The fabric they're made of is tighter, though. This makes woven wrap baby carriers well-suited for larger and older infants or toddlers.
- **Ring sling** Much like the previous type, ring sling baby carriers are made of a tight non-stretchy material. Worn on a shoulder, they secure your baby inside a pocket-like opening in the fabric, that adjusts easily. While they're easy to use, they're hard to carry for longer periods of time.
- **Meh dai** Originally coming from East-Asia, meh dai "or mei tai" baby carriers use a flat piece of fabric with four straps. You tie two straps around your waist and the other two around your shoulders. Though highly adjustable, meh dai carriers suit younger and lighter infants better.

Which one do you choose? It depends on a few key factors.

What Key Factors Should You Keep in Mind?

Before zeroing in on the type of baby carrier, ask yourself these key questions:

- **What carry position are you planning to use?** Some baby carriers support no more than one carry position, while others let you tap into a few.
- **How much does your baby weigh?** Baby carriers aren't one-size-fits-all. Some of them only work for smaller babies. Others can fit in larger infants and toddlers. And some carriers are suitable for a range of weights.
- **Is this baby carrier healthy for your baby?** No matter the type, a baby carrier must allow your infant's knees and hips to assume a healthy "M" position.
- **Does it meet basic safety requirements?** Most baby carriers are tested for compliance with safety requirements. But these standards are changing all the time. Safest baby carriers meet the most recent regulations.

In addition, remember that more expensive doesn't always equal better. Checking with the above criteria is more important than looking at the price tag. Imagine your frustration if you broke your budget over a baby carrier that wouldn't be a good fit.

Finally, make sure the baby carrier that you go with is easy to clean. This one is self-explanatory but many parents forget this point. Some baby carriers may look promising, but only until your baby puts them through a "trial by combat."

We hope our guide has helped you zoom in on just the type of baby carrier you need.

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