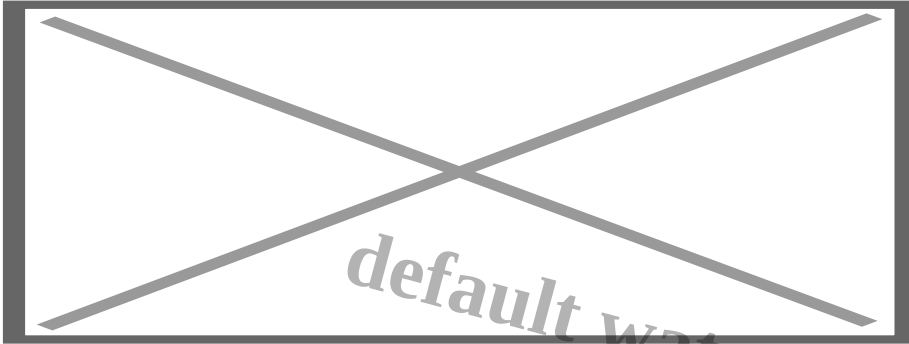


International Babywearing Week: Reap the Benefits

Description

This week is [International Babywearing Week](#), and our [City Dads Group](#) has teamed with [Baby Bjorn](#) to celebrate all across the U.S. today.

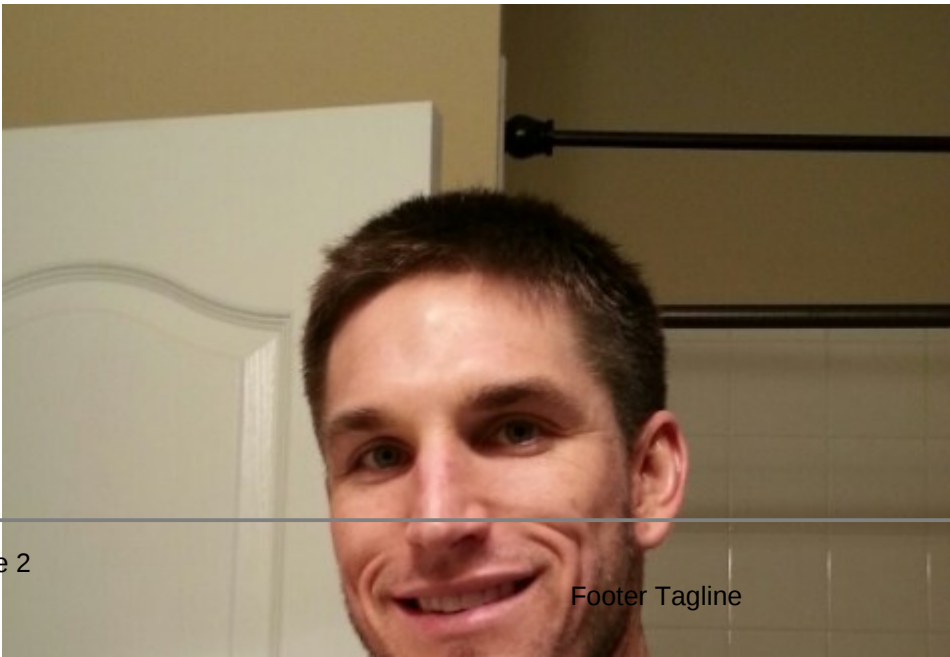


Here in Texas, our [Dallas Dads Group](#) will meet at [Klyde Warren Park](#) to wear their babies as they proudly get active outdoors. Any longtime reader should know Iâ€™m a huge advocate of babywearing and have shared my feelings as to [why I wear my baby and the numerous](#) benefits.

Since it happens to be Thursday, Iâ€™ll take this Throwback opportunity to share an old pic of me wearing Avery and a few of my past posts.



Ha ha, okay, I’ll show one where you can actually see Avery and not my flying saucer covered head.



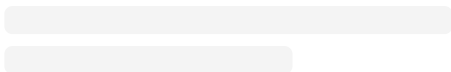
Bundled up for a cold walk

This is from my [babywearing progression post I did last October](#). Yeah, sheâ€™s changed a littleâ€¦
Here she is just last month while helping me mow with our [EGO](#).



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For a little babywearing motivation, check out these great sites.

- [Babywearing dads on Tumblr](#)
- [Babywearing Dads Help Moms Out](#)
- [10 Things Baby Wearing Dads Should Never Say in a Public Restroom](#) (One of my personal favâ€™s!)

Don't just take part for the 7 days, you can and should wear your kids year round to reap the numerous bonding and health benefits both you and the kiddos receive. Speaking of health, you can even turn babywearing into exercise. Here's a [video I put together with Avery](#) a long time ago.

I even turned mowing the lawn into a babywearing sprinting workout with her! The possibilities are endless!

Again, celebrate [International Babywearing Week](#) this week and ALL YEAR and the next to keep your kiddos literally and figuratively close to you.

Make sure to follow these hashtags and give a little retweet/like love if you can:

#IBW2015

#citydads

Do you plan on celebrating by wearing your baby?

Do you already wear your baby or are you interested in starting?

Date Created

2015/10/08