



Now more than ever before in Canada there is a growing awareness of the benefits of keeping your baby close. babywearing promotes bonding, soothes colicky babies, encourages emotional and physical development and may help avoid postpartum depression in new moms.

There are many styles and types to choose from. Let us help you narrow down the features and benefits that will most apply to you and your lifestyle so you can begin babywearing as soon as your 'little monkey' arrives!

| Carrier Style                    | Sling or Pouch        | Ring Sling            | Mei Tei    | Structured Carrier          | Wrap Style                               | Important to me? |
|----------------------------------|-----------------------|-----------------------|------------|-----------------------------|--|------------------|
| Suitable for Newborn             | YES                   | YES                   | no         | no                          | YES                                      |                  |
| Offers Multiple Holds            | <b>A few</b>          | <b>A few</b>          | <b>no</b>  | <b>no</b>                   | <b>Many</b>                              |                  |
| Adjustable While Wearing         | no                    | YES                   | Limited    | Limited                     | YES                                      |                  |
| Good for Dance & Fitness Classes | <b>no</b>             | <b>no</b>             | <b>no</b>  | <b>Yes for older babies</b> | <b>Yes for newborn and up!</b>           |                  |
| Easily Stored & Cared For        | YES                   | no                    | Depends    | no                          | YES                                      |                  |
| Easy to Use                      | <b>If proper size</b> | <b>If proper size</b> | <b>YES</b> | <b>no</b>                   | <b>Requires some initial instruction</b> |                  |
| One Size Fits Everyone           | no                    | no                    | Some       | no                          | YES                                      |                  |
| Supports Caregivers Back         | <b>no</b>             | <b>no</b>             | <b>YES</b> | <b>YES</b>                  | <b>YES</b>                               |                  |
| Hands-Free Nursing While Wearing | no                    | no                    | no         | no                          | YES                                      |                  |
| Can Be Worn All Day              | <b>no</b>             | <b>no</b>             | <b>no</b>  | <b>no</b>                   | <b>YES</b>                               |                  |