

# Show Notes

## Episode 117

On this week's episode, we speak with Marika Bell about the basics of babywearing: different wraps, different structures, and a little about how babywearing libraries work.



## Considerations for Babywearing

- Find the carrier that is the best for you and your baby! Not every carrier will be the best fit for your body - utilize a babywearing lending library if possible!
- Baby should be close enough to kiss the top of their head and you should always be able to see baby's face when front carrying. Think **visible and kissable**.
- Baby legs should be bent in an "N" shape when being worn - droopy legs are a no-no!
- Stretchy carriers are best for newborns and infants under 15lbs.
- Structured carriers are best for older babies/kids with adequate head control.
- Carriers can be expensive - consider buying used!
- Both babies and parents experience a learning curve when beginning babywearing.
- There are many babywearing support groups available on Facebook!

### Babywearing videos on YouTube

[Wrap You in Love](#)

[Babywearing Options](#)

### Local Babywearing Library in Omaha, NE

[Nebraska Babywearing Alliance](#)

**Questions?** You can also reach out to Marika at [msbell21@msn.com](mailto:msbell21@msn.com) or on [Facebook](#)

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