

mothering

N A T U R A L F A M I L Y L I V I N G

BABY-CARRIER SPECIAL

HOW TO WEAR YOUR BABY

A DAD LEARNS
TO LOVE
HOMEBIRTH

BREAK FREE
OF GUILT

WARM UP
WITH SAVORY
SOUPS



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oh-so-comfortable wraps

tummy-to-tummy in a wrap



CENTER THE WRAP IN FRONT OF YOU



BRING FABRIC AROUND TO THE BACK AND OVER YOUR SHOULDER.



REPEAT WITH THE OTHER SIDE, MAKING AN "X" ON YOUR BACK.



PULL OPEN THE POCKET AND SETTLE BABY IN



CROSS FABRIC OVER BABY AND KNOT IN BACK



MAKE SURE FABRIC IS SPREAD OUT

A **wrap**, or **wraparound carrier**, is a long, rectangular piece of cloth. Wraps are the most unstructured of baby carriers, and learning to use them demands patience and flexibility. But the effort is well worth it: wraps are incredibly, magically comfortable, and can be tied in a multitude of ways to suit many body types and carry positions.

Stretchy wraps are wonderful for beginners because they can be pre-tied, and the baby can be popped in and out easily. They're best for newborns or small children; heavy children (usually more than 20 pounds) will stretch the fabric to the point where it is no longer supportive. A hybrid wrap that is slightly stretchy but also supportive can be used for a larger baby or toddler. German-style woven wraps made of fabrics that have a subtle "grip" offer more support and security and can be used from newborns on up.

Favorite Stretchy Wraps: Moby, Hug-a-bub, Joey Wrap (The Joey Wrap gently bounces baby as you move.)

Favorite Hybrid Wraps: Gypsy Mama's Bali Baby Stretch, Mom-and-Me Creations' Hot Mama

Favorite German-style Woven Wraps: Didymos, Storchenwiege, Hoppediz

Tips: There are several things to consider when purchasing a readymade wrap or making one using your own fabric: there must be enough width (usually about 28 inches) to cover baby adequately; the fabric should be able to support baby's weight without sagging; and the wrap should have enough stretch to conform to baby, but not so much that it permits him or her to lean outward.

Wraps do have a downside: with several yards of fabric wrapped around wearer and baby, it can get warm. Cooking in a hot kitchen or braving the summer heat will be cooler in a hand-dyed Gypsy Mama Bali Baby Breeze gauze wrap—or an EllaRoo wrap made of 100 percent hand-woven Guatemalan cotton. But because these wraps are made of thin fabrics, it's important to wrap an older child carefully to prevent painful pressure points: small areas on the wearer's body—usually the shoulders—bearing a much larger proportion of the weight.

PHOTOS THIS PAGE PROVIDED BY GYPSY MAMA