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5 Reasons to get a Baby sling - your baby will thank you later by [Julia Bennet](#)

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So your baby is home from the hospital. In the beginning, it is such a joy to hold your little bundle of joy for the first time. Their skin is so soft; they're so tiny, so cute, so... fill in the blanks. This initial period passes and baby becomes part of the household. You quickly realize, however, that it is very difficult to get anything done with a baby in your arm, plus, baby is getting heavy. You accept the challenge and try to do everything using one hand. Your diet consists of cookies and other finger foods. Somewhere along the line, it occurs to you that life could be a whole lot easier if you use a baby carrier or a baby sling.

Baby wearing and the use of baby slings are not new. In fact, it goes way back to the beginning of time. In South Africa, tribal women still use towels and large pieces of fabric to wrap their babies onto their backs. But we've become much more sophisticated in the design of baby slings, and in more developed parts of South Africa and other countries, baby slings are constructed using technology that can be compared with that of car manufacturing. After all, our babies are precious, they are our future and we want to make sure that any baby sling has been triple tested to be safe.

But, if you are not too certain about baby slings because you've heard about the recall of certain baby slings, let me firstly advise you to check and double check the specifications and reviews of any baby sling that you are considering for you and your baby, and secondly, explore the benefits of carrying your baby with a baby sling.

- Carrying your baby in a baby sling is good for baby's emotional development. Baby spent 9 months in his/her mother's womb, so being alone is new to baby. Being carried in a baby sling for example, helps baby quickly develop a sense of security and trust. Infants whose parents satisfy their need for closeness develop into self-confident, independent people.
- Baby wearing is good for baby's mental development. When baby is held, they can see more than what they would be able to see if they are being pushed in a stroller, or if they are laying in their crib. As such, their senses are stimulated. Wearing a baby in a baby sling is also great for developing communication between baby and caregiver.
- Having baby in a baby sling is good for their physical development. When baby is held close, he/she is in tune with your breathing and heartbeat. They develop better motor skills and coordination, and get into the rhythm of life outside the womb much faster. This kind of stimulation helps baby regulate their own physical responses and exercises their vestibular system.
- Carried babies cry less because their primal needs are met. Keep in mind, being outside the womb is new to baby, and being held helps them feel safer because they can see, hear, smell, touch, and taste their caregiver. Baby wearing also enable parents to successfully interpret and satisfy the needs of their babies.
- Babies, who are carried around, learn more. Because baby is not crying or fussing, he/she tends to be in a state of quiet alertness. In this state, baby is better able to interact with their environment, and thus learn more.

If you find yourself ready to take the leap and get a baby sling, the internet and baby stores are usually a great place to start. There are more than a few really great baby slings on the market and several providers falling all over themselves trying to offer you the best deal for the best baby sling. Be sure to select a baby sling or baby carrier based on baby's size and age, and of course your

purpose for selecting a baby sling in the first place--are you looking for a baby sling to use simply while walking to the park or while grocery shopping, or are you committed to full time baby wearing? Whatever your needs may be, the options are vast.

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