

Aeroflow Breastpumps

Why Babies Expect To Be Carried

Despite what you may have heard, it is normal for your baby to want to be held and stay close to you. You can not spoil your baby by holding him or her. During pregnancy, your baby's every need is met. While in your womb your baby was constantly fed, kept warm, and carried. Your baby will need time to adjust to life outside of the womb.

Holding Your Baby is Natural

Humans, like apes and kangaroos, are “carry mammals”. Carry mammals need help keeping warm and depend on constant contact and care. Carry mammals are the most immature at birth. In order to survive, carry mammals need to be carried and stay close to their mothers.

It can be stressful for your baby to be away from you. Responding to your baby's needs will help build their trust. This can boost your confidence as a new mom. Your baby wants to be held because it is the way they are designed.

How Can Babywearing Help?

Many parents and babies love babywearing. This simple practice can help meet your baby's need for closeness. Some reasons why you may want to try babywearing are:

- Hold baby and keep your hands free
- Practice skin-to-skin while babywearing
- Increase your oxytocin levels which can help with bonding and breastfeeding
- Notice your baby's feeding cues right away

Can Others Hold the Baby?

Yes! This can help your baby bond with other family members and give you a break. However, it's important that your baby is returned to you as soon as they show signs of hunger. Let whoever is holding your baby know what signs to look for and ask that they return your baby as soon as they notice these signs.

If caring for your newborn is affecting your mental or physical health, contact an Aeroflow International Board Certified Lactation Consultant (IBCLC) for emotional support and guidance.

You are not alone. We can provide resources to help you overcome the challenges you are facing.

What If I Have Questions?

If you are interested in learning more, these Aeroflow classes expand on some of the topics discussed above:

- Babywearing & Breastfeeding
- Sleep for the Breastfeeding Baby
- Ultimate Breastfeeding Prep

To register for these classes, log into your portal or click [here](#).

Sources:

Blair, P. S., Ball, H. L., McKenna, J. J., Feldman-Winter, L., Marinelli, K. A., Bartick, M. C., Young, M., Noble, L., Calhoun, S., Elliott-Rudder, M., Kair, L. R., Lappin, S., Larson, I., Lawrence, R. A., Lefort, Y., Marshall, N., Mitchell, K., Murak, C., Myers, E., . . . Wonodi, A. (2020). Bedsharing and Breastfeeding: The Academy of Breastfeeding Medicine Protocol #6, Revision 2019. *Breastfeeding Medicine*, 15(1), 5–16. <https://doi.org/10.1089/bfm.2019.29144.psb>

Pietrzak-Fiećko, R., & Kamelska-Sadowska, A. M. (2020, May 14). The Comparison of Nutritional Value of Human Milk with Other Mammals' Milk. *Nutrients*, 12(5), 1404. <https://doi.org/10.3390/nu12051404>

Reynolds-Miller, R. L. (2016). Potential Therapeutic Benefits of Babywearing. *Creative Nursing*, 22(1), 17–23. <https://doi.org/10.1891/1078-4535.22.1.17>