

Baby wearing workshop with Yesika



“Medical professionals agree that infants thrive through touch; “wearing” your baby is another way to meet this need”. (Babywearing international)

This interactive and hands on workshop is designed to provide expectant parents with all the necessary information to make an informed decision about babywearing.

The workshop will cover:

- Introduction to babywearing and ergonomic baby carriers.
- The benefits of baby wearing.
- The stages of the baby’s development and how these correspond to different positions (front, hip and back) and at what stage each position is safe and can be introduced.
- How to successfully breastfeed in your carrier.
- Demonstration of different carrier styles: wraps, soft structure carriers, ring slings, mei dai.
- Time to choose your carrier based on your needs: hands on trying our carriers with dolls or your baby.

Yesika is a certified babywearing consultant from the School of Babywearing which is part of Babywearing UK. Yesika has three children, aged 7, 4 and 1 and has been enjoying babywearing for the last 4 years.



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