

# 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.



info@bodytreestudio.com  
02 443 4448 www.bodytreestudio.com

