

MY BABYWEARING JOURNEY – BABYWEARING IN INDIA

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I couldn't decide between the two titles for this blog post. So I titled it with both.

My own babywearing journey is so intrinsically tied in with the modern/ urban baby wearing movement in India; hence it kind of makes sense.

Those who have followed my blog from even before I became a mother (which is very few of you) know that I was following the evolutionary lifestyle with regards to exercise, food, and other lifestyle parameters. I was a huge fan of [Mark's Daily Apple](#) and loved his commonsense approach to health and fitness and just for the general joie de vivre. So when he wrote this post on why you should [wear your baby](#) 3 months after my first baby was born and also wrote [this helpful post](#) on baby carriers. I was sold!

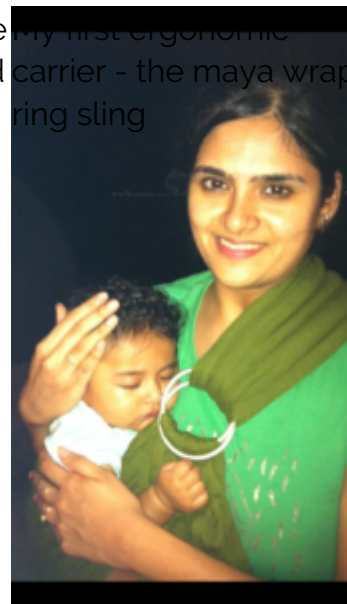
My first carrier. As non ergonomic as it gets!



Though I was carrying N at that point in an awful front facing non-ergonomic carrier; I quickly did my research and ordered my first ergonomic carrier a Maya wrap. From what I read, the front facing carrier with the legs dangling and with a narrow seat (also known as a crotch dangler) did not follow the normal ergonomics of a baby

and was not conducive for the natural growth of the baby. **An ergonomic carrier** like the ones discussed in the next couple of posts lends to a natural curve of the spine imitating the position in the womb and the M shape of the hips and legs (where the baby's bottom is below the knees) are also natural and healthy for the growth of a baby. An ergonomic carrier also equally distributes the weight for the wearer.

The sling, the baby and I were quickly inseparable. It absolutely helped with a baby like N who just never wanted to be put down ever. I ordered another one soon after.



When N was around 16 months (early 2014) I saw some posts on Facebook mom groups by a mom named Rashmee who was launching this stretchy wrap called Anmol. To me, that was the birth of modern baby wearing in India. I started wearing N in a stretchy wrap when he was around 17 months. While it did sag and he was over weight limit I loved the idea of having him so close and wore him quite a bit in it.



Anmol stretchy wrap. The first Indian ergonomic wrap.

The [hybrid wrap](#) by Anmol baby carriers is one that I recommend to ALL new mothers I meet with my work in lactation. **Wrapping babies in a hybrid or stretchy wrap in the first few months is my go to tool for mothering newborns.**

In June of 2014 I was due to travel to the US and the London with N who was 19 months and I bought my first Soft structured carrier. – The Tula - toddler – and had it delivered to the B&B we were staying at in London, (because there weren't any Indian ones then) and paid a lot of money for it. It's a real beauty and totally worth it for the hours and hours we have walked with our son in it.



Our beloved Tula

Also in 2014 [Soul Slings](#) launched ring slings and many other smaller brands, who sold carriers more word of mouth started upping their online presence.

[Anmol baby carriers](#) launched their SSC around in early 2015 – just in time for my

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member receiving this beauty on my birthday in May last year (on my birthday no less) when my second boy was just a month and since then the choices are endless. When I bought my first ergonomic carrier in early 2013- The Maya wrap ring sling - there wasn't a single one I could buy in India. Today ring slings, woven wraps, full



And now with round 2

buckles/ SSCs, mai teis – choices and brands are just endless.

Thanks to this blog I've had the opportunity of [trying and reviewing various brands](#) and I even hold meet ups for the South Mumbai wing of the [Mumbai Sling Library](#) where we rent out carriers and have mums try out various carriers before making a purchase.

So what all is out there?

First before I get into the individual brands, here is a dummies guide to the different carriers.

- Hybrid wrap: a stretchy fabric, which has to be tied around you with a printed front that doesn't stretch. You can put it on and then put the baby in and it takes the shape of the baby. **Ideal for newborns, great for older babies too.**
- Woven wrap: a woven piece of fabric in various sizes that can be wrapped around you and baby in number of different ways. This doesn't stretch so can work from a **newborn to a heavy toddler or preschooler**. The true all purpose carrier for all ages.
- Meh Dai: An Asian style carrier, which has a structured panel but long bottom and top straps to tie as you wish. **Versatile, structured, but still unstructured.**
- SSC or Full buckle: SSC = Soft Structured Carrier, the least versatile, great for front and back carries, and **has the least learning curve. Superb for dads and other caregivers.**
- Ring sling: a piece of fabric stitched at one end to rings to adjust as required. Worn on one shoulder. This has far less fabric than a wrap so much easier to manage and put on and take off. **Great for summer, for older babies who want to hop on and off and to look all around.**
- Onbuhimo: A waistless buckled carrier that is **perfect for high back carries and for toddler**. great for quick ups and downs and also easy to carry around in a handbag.

[Read on](#) for comparison and reviews of different brands and carriers in India.

Updated to add: If you live in Mumbai, I also do personalised babywearing consults with families to help them figure out which carrier is best suited to their needs, so do get in touch on aloka@wholesomemamma.in

