

## Available Products

It is not uncommon for families to seek advice when registering, going through gifts or setting up their nursery. The baby market is a booming business and there are new products every day. This section will give you just an overview of some available products but it is a good idea to try and stay up to date on available products.

### Baby Carriers

Baby wearing is beneficial for bonding, milk supply and infant development. In years passed



parents had just a few options in stores and a little bit of a larger section online. In recent years the benefits of baby wearing are shared more widespread and has led to many available products in nearly every location.

#### DIY “No Sew” Carriers

Some parents utilize woven scarves, old shirts and other materials to make wraps or Baby K”Tan style carriers.

#### Narrow Based Carriers

B’jorn and Snugli carriers are well known and have been around for many years. They are easy to find in stores and are often reasonably priced. Some families find them simple to use and great for newborns. Unfortunately their design can cause some straining on a parent’s back and the narrow based design does not keep an infant in an ergonomically correct position. Any baby wearing is beneficial though, if a client has this type of carrier and desires to use it, it is great to encourage baby wearing. You can also share with them the “scarf trick”

<http://www.fineandfairblog.com/2013/12/narrow-based-carrier-sc-arf-hack.html>

### **Ring Slings and Pouch Slings**

These carriers can often be used from newborn to toddler in a variety of positions. Some pouch slings come only in fitted size while others are adjustable. Ring slings are adjustable but may come in different lengths. Peanut Shell, Sakura Bloom and Maya Ring Slings are some available brands.

### **Soft Structured Carriers and Buckle Carriers**

These carriers look similar to narrow based carriers but have a wider base that goes between the infants legs and creates a more ergonomical seat. Some brands are Ergo, BECO Baby and Tula.

### **Stretchy Wraps**

Stretchy wraps provide a secure and close place for young infants. These can be used in a few different positions, but many use them for the newborn tummy to tummy hold. Moby and Boba are brands that make stretchy wraps. Baby K'Tan is very similar to a stretchy wrap but is already assembled.

### **Woven Wraps**

Most families utilizing woven wraps are very familiar with baby wearing. They come with a bit of a learning curve and are often a bit pricey but they last quite awhile and can be used from birth to early childhood. These can be used for front and back carries, hip carries, kangaroo style and more.

### **Car Seats**

Car seat safety and recommendations change frequently. Unless you are a CPST it is a good idea to be cautious in your assistance with car seats. Current safety recommendations can be found [here](#)

<http://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-Information-for-Families.aspx>

For newborns, parents can choose an infant carrier car seat or a rear-facing convertible seat. As the baby is sitting well and if they desire to or the child reaches the weight limit for an infant carrier seat, parents should switch to a rear-facing convertible if their child is under the age of two. If their child is born prior to 37 weeks gestation they should check with their NICU in regards to car seat safety and the best car seat choice.

### **Diapers**

Disposable diapers are currently the most common type of diaper to use. As some parents become more environmentally conscious or concerned about chemical exposure, they may choose to use cloth or hybrid diapers.

## **Cloth**

Gone are the days of only prefolds and pins, though they still exist. The cloth diaper market is growing and parents now have many options. Parents can still choose to use prefolds, pins (or snappies) and covers on their own or with a cloth diaper laundry service. Other options include velcro or snap all-in-ones or all-in-twos. They can also use pocket diapers. Those three types of diapers are quick for diaper changes like disposables.

## **Disposable**

There are many brands and styles of disposable diapers available. Some chemically conscious parents are now opting for natural brand diapers. In addition to the natural brands available in stores, some companies offer diaper subscription services, like Honest brand. Whether a parent uses conventional disposables or natural ones many find savings through Amazon subscriptions, wholesale club stores and purchasing store brands. If a baby keeps leaking through, it might be time to go to the next sized diaper.

## **Hybrid**

G-diapers allow families to use mostly cloth while utilizing disposable inserts. These inserts are flushable and biodegradable. They allow families some of the benefits of cloth with some of the convenience of disposable.

## **Hygiene and Wellness Products**

Many parents choose to register for first aid kits. Whether in a kit or purchased separately, most find bulb syringes, nail clippers, thermometers and soft brushes helpful.

## **Infant Baths**

Some choose a full infant bath with a built in or removable seat. For space reasons or convenience, some might choose just a bath seat or foam mat to be used in a sink or regular tub.

## **Soaps, Shampoos and Moisturizers**

Babies have sensitive skin and are actually very clean. There are many products available and parents should choose whatever brand with which they are comfortable.. Many families are becoming more conscious consumers and choosing more natural hygiene products. Regardless of what they choose, remind parents that over washing can dry out their skin. Parents should also talk to their provider before using moisturizers as newborns rarely need lotion.

## **Diaper Creams**

Frequent changing of diapers and quickly changing soiled diapers often prevents diaper rash. It is not usually recommended to use diaper cream at every change in healthy infants, but they can discuss this with their provider. Many products are available but many find classic zinc diaper cream to work well. Persistent diaper rash should be discussed with baby's doctor.

## **Entertainment Gear**

There are many entertainment and soothing options available. . Some families like to purchase many of them, while others want just one or two things. It is also important to model ways to encourage mother/baby skin-to-skin contact or with another family member. Emphasize the importance of moderation. Over use of some products can lead to flat head or delaying development.

## **Seats, Swings, Walkers**

- Bouncy seats and soothing chairs like Mamaroo
- Bumby seats and other chairs – A popular product but not recommended by all infant professionals
- Exersaucers and jumparoos – for use in older infants
- Play mats – Great for tummy time, encouraging movement and self-entertainment
- Swings – many infants like the side swaying swings. There are also smaller travel swings available if space is a concern.
- Walkers – though still used by some families, these are often advised against due to the fall risk. They do not assist children in learning to walk. This is not to be confused with push toys.

## **Sleeping Products**

- Practicing sleep safety is very important. Even if you have had your own children in recent years some of the products you used may no longer be considered safe. Crib bumpers and sleep positioners are no longer considered safe. It is recommended that bassinets, cribs and pack and plays be empty with the exception of a fitted sheet.
- Bassinets – A portable and commonly used sleep item until baby is able to roll
- Co-sleepers – often the size of a bassinet or a pack and play these sleepers attach securely to a parent's bed to provide a safe and partially shared sleep surface. Some of these are adaptable and can be used bassinet style and not attached to the bed.
- Cribs – parents should be sure any older cribs they use meet current safety recommendations
- Crib wedge – Some infants do not sleep soundly flat on their backs, especially if they have reflux or are prone to spit up.
- Moses Basket Pack and Plays – Many families utilize these in their room prior to using the crib, use on another floor of the home for naps or keep for traveling. These often have a built in bassinet and changing station. Wonderful for larger homes so parents can have an infant care and rest area in different areas of the house.
- Rock N Play Sleeper – A newer product that many families find helpful for young infants. Baby is kept in an upright position and this can be rocked, or they can make use of soothing vibrations. This product should not be used without adult supervision. Infants that can roll or sit up could fall out of this item.
- Snuggle Nest – Similar in size to the top of a bassinet, this item is designed to be placed

## **Strollers**

- There are many strollers available today. The best way to help a mother if she inquires about strollers is to help her decide what she plans to use it for. If for simple, quick errands a lightweight stroller or even just a Snap- n-Go might be a useful purchase. For walks, she will want something comfortable for her baby and at a height that is comfortable for her. If she lives in an apartment, condominium, townhouse or other place with a lot of stairs she may want to take the weight of the stroller into consideration.

## **Monitors**

- Families may still utilize the traditional monitors that have been around for awhile. Many however are opting to use video monitors. These can be complete systems with a hand held device with a screen or some can even sync to smart phones. The newer video monitors come with cameras that can be moved remotely making it easier for parents to keep track of an active sleeper.

## **Application & Understanding**

1. Name two types of baby carriers available for baby-wearing.
2. There are many ways that new moms can choose to carry their infants. In this day and age many women keep their sleeping babies in car seats that they move from the car to carrying them in their hands rather than moving them into a sling wrap. Describe three advantages and three disadvantages of sling wraps vs car seats.