

Cuddling up close in winter

As the rain started to fall from the sky I opened up my beautiful rainbow umbrella and held it above us. My son peeping out from underneath my coat, looked up and his eyes lit up and a huge smile spread across his face. He reached out a hand and held on to the handle of the umbrella. He watched as I spun it around so the colours whirled into one. We were cosy and dry under our mobile shelter and I knew this would be one of those memories that lasted forever.

That was my first winter as a mum and a babywearer and we thoroughly enjoyed being able to get some fresh air while keeping each other warm.

So here is why baby wearing could work for you;

Certainly trying to navigate busy streets, shops and public transport is much easier without a pram. Outdoor events in winter can be made easier (and warmer) - think of cuddling up together for Guy Fawkes Night or bracing winter walks post Christmas dinner.

But how convenient is babywearing in the winter?

Visions of wearing lots of layers and then trying to strap on a baby in a winter suit sounds complicated and awkward. Well the first rule is that it is much easier to wear your baby underneath your coat. You can keep each other warm but for safety you will be much more aware of your baby's signals and cues. You are also going to get a much more secure and comfortable fit by tying the sling under your coat.

You can get specialised babywearing coats that have two head holes; one for you and one for your baby or you can manage just as well with a slightly oversized coat, shawl or modified poncho.

For your baby you will need to be aware that although their body will be warm next to you, their legs and feet may need extra layers. Baby leg warmers are the answer or all-in-one suits will give that extra warmth.

What about slipping or falling?

Well when you have your baby in a sling you are able to put your hands out to break your fall - if you were carrying your baby in your arms there is nothing to break your fall except for your baby.



For rainy days a sling can certainly make a huge difference - you can get your baby in the sling in the car and both snuggle under an umbrella.

Being able to get out and about in winter for me, was a sanity saver, being able to go for long strolls through the countryside gave me a chance to reflect on becoming a mother, regain my fitness and keep my baby settled. On top of this it gave me lots of wonderful memories to look back on.

Words: Rosie Dhoopun owner of Nature & Nurture which offers babywearing consultations and a home bra fitting service.



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Individual babywearing consultations and individual or group bra fittings for soft cup, maternity, nursing and sports bras. Plus a huge selection of baby slings to hire.

Rosie Dhoopun 01473 890334
rosiedhoopun@btinternet.com