

A midwife with a rich and varied career working in both private and public institutions, and involved in humanitarian missions, Sophie Guillaume has worked in different territories and experienced a variety of cultures. In addition, she has taught at a midwifery school in the Paris area and in French Polynesia, and chaired the French College of Midwives (CNSF) for 8 years. Today, she coordinates the maternity ward at Necker Children's Hospital. Out of concern for the well-being of newborns and their parents, she sheds light on babywearing.

Babywearing according to Sophie Guillaume - Midwife coordinator Necker Children's Hospital, Paris.

Parents often ask about babywearing during maternity ward stays and even during childbirth and parenting classes.

A number of orthopedists emphasize that baby carriers in no way hinder the development of the child as long as the seat and the back support suit the size of the child.

On an emotional level, the parent/child bond is facilitated from birth by skin to skin contact, and, among other things, strengthened by babywearing from the first weeks of life¹. I am disappointed that so little is written about the practical side of babywearing in childcare articles. Whether you're in the city or the country. Considering that getting fresh air with your baby as quickly as possible is so important for everyone's well-being, babywearing should be easy and accessible to all.

During pregnancy, parents do market research to find the right stroller. The requirements for such a purchase are impressive. And yet in the postpartum period, the realities of life quickly tend to overtake us. It is therefore advisable to offer simple solutions that are easy to embrace.

In the city, walking areas (sidewalks, public transportation) are hardly more accessible for strollers than in the countryside, where paths are not always passable. So here is an easy-to-use product that is adaptable to everyone: the baby carrier!

What could be simpler than carrying your newborn on your body in a baby carrier? Your baby will feel safe and snug, lulled by your walking rhythm and heartbeat. In addition, you will be able to move about more freely, and feel closer and more available to your little one. Also, during the pandemic, a baby carrier seems the most appropriate protective measure, since it facilitates social distancing during outings with your baby.



Sophie Guillaume, Midwife coordinator

¹ Sophie Marinopoulos: *Why babywearing? Let's look at the ties that free us.*