A Chiropractic Perspective on Carrying Babies by KilburnneniRoy

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Parents are at risk of developing back problems and improper posture when carrying their babies for a long time. Often, the parent tries to put the baby in a carrying position where the baby feels uncomfortable even when the parent is not. There are strollers and baby carriers that will help parents carry their babies but of course, parents still want that physical contact with their little ones. From a chiropractic perspective, here are some insights on how to carry babies the right way.

The spine is a very important part of the body because it controls the different functions of the nervous system. The central nervous system controls the different systems in the body. What this means is that the spine should always be healthy in order for the body to be healthy as well. When the spine is compromised, the spine will be impaired and can leave the individual immobile. Parents should be greatly aware of how they carry their babies because this can affect their spine as well as their babies.

From a chiropractic perspective the popularity of baby carriers today will not help parents in carrying their babies. Parents buy baby carriers believing that carrying the baby will be easier this way. On the contrary, baby carriers can cause postural distortions to both the baby and the mother. Baby carriers are meant to be placed on car seats and parents should leave it there. Mothers who struggle to attach an detach the baby carrier from the car seat and then carry it around with her can cause problems in the spine and may lead to back injuries. As a parent carries the baby carrier on one hand, the body is forced to lean on one side. When the baby gets heavier, carrying the carrier will be more difficult and will eventually lead to postural problems and injuries.

Strollers are much better compared to baby carriers because it does not require the parentâ€™s body to bend. The problem with strollers is that there is no close contact between the parent and the baby, which is very important for the babyâ€™s physical, social, neurological and emotional development. From a chiropractic perspective, the need for parent-baby contact is recognized and it is known that this will help in the development of the baby due to the constant motion. Let us recall where the baby comes from. The baby spends 9 months inside the motherâ€™s womb where there is physical contact, warmth and constant motion around the baby. The sudden change in environment is alarming to the baby, which is why staying close to the mother makes the baby feel more secure, comfortable and safe.

There are baby carriers that you can wear and are available in the market today that offers great support for the back. For mothers, it is important to remember that your posture will still greatly affect your spine 9 months after you give birth. Spinal stress can happen and the best thing to prevent this from getting worse is to visit a chiropractor. Since the baby grows heavier, the stress on your back will be more too. The chiropractor will help determine the best carrying positions for you to avoid any spinal stress and injury coming from a chiropractic perspective.

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