



Thank You for Downloading our Hot Weather Babywearing Tips



This PDF includes:
Hot Weather Babywearing Tips

Helpful tips to support caregivers in keeping babywearing safe, cool, and comfortable through the summer months. We hope this handout adds value to your work with families and helps make summer babywearing feel a little more doable—and a lot more enjoyable!

We've included a space at the bottom for you to personalize with your business info. You can jot in your details, add a sticker, or upload the PDF to a program like Canva or Adobe Acrobat to insert your logo next to ours.

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Stay cool out there!
The CBWS Team

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Handout created by
CBWS.org
Center for Babywearing Studies



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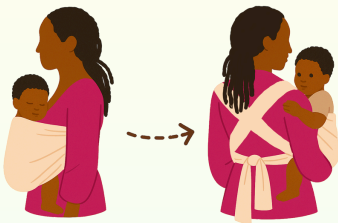
1. Choose the Right Carriers

Look for lightweight, breathable carriers made from natural fabrics like linen or cotton. Have more than one carrier on hand for long, hot days to improve airflow and help keep you and your baby cooler.



4. Cool Accessories Help

A fan, cooling towel, or small water mister can make a big difference. If you use a mister, let your baby know what's coming: turn it into a little game!



7. Switch Up Positions

Changing out your carrier and switching to a hip or back carry can give your body a break and help wet or sweaty spots dry out faster. Good for you both!



2. Dress Light and Bright

Stick to light-colored, moisture-wicking clothes that reflect sunlight and help manage sweat. The same goes for your baby! A tank top can be a great option if you're feeding in the carrier. Plus, easy to layer when heading indoors, too.



5. Seek Out Shade

Plan walks or outings during cooler times, like early mornings or late afternoons. Look for shady spots and wear a wide-brimmed hat or use a UV umbrella to help shade both of you if there's no cover.



8. Use Sun Protection

Apply sunscreen on exposed skin (for you and baby!) and think about UV-protective hats, clothing, umbrellas, and baby-safe sunglasses. (Check out brands like UVSkinz.)



3. Go for a Dip (or a Sprinkle!)

Water-friendly carriers let you keep baby close while cooling off, at the pool, beach, lake, or even on a walk through a sprinkler or hose. (Try brands like Amphiba Baby and Beachfront Baby for water carriers.)



6. Stay Hydrated

Carry water with you and sip regularly. If you're planning to feed your baby in the carrier, they may want to feed/drink more often when it's hot; this is totally normal!



9. Take Indoor Breaks

Plan to pop into air-conditioned spaces, such as libraries, stores, and cafes, when the heat gets intense. It's a great way to cool off and rest.



10. You're Not Alone

Babywearing in the summer takes some planning, but it's doable and worth it. Hearing what's worked for other caregivers can be a great confidence booster.



Not sure which carriers are right for you?
Need babywearing support?

