

## Expert Persona & First Principles

As a pediatric developmental specialist focusing on infancy, I approach this 8-week-old's "Internal World (The Self)" with a sensorimotor and attachment lens. Infants at ~2 months (8 weeks) are in Piaget's **Stage 2 (Primary Circular Reactions)**, repeating actions on their own body (e.g. thumb-sucking) to learn about themselves <sup>1</sup>. This self-directed exploration builds the baby's **body schema**, an implicit sense of self: "[from] birth, infants use their hands to gather information about their bodies... self-generated movements... [form] a basic... form of self-knowledge" <sup>2</sup>. Simultaneously, **attachment and touch** are core: consistent caregiver contact (skin-to-skin holding) provides a "transitional mental space" through which the infant "establishes an inner world... [and] develops a sense of self" <sup>3</sup>. Caregiver holding (especially skin contact) supports the baby's bodily self-awareness <sup>3</sup>. Also by ~8 weeks infants begin **early self-regulation**: they can self-soothe (e.g. sucking their own hand <sup>4</sup>) and express simple emotions (social smiling <sup>5</sup>), indicating emerging awareness of internal states. Lastly, infants' sensory preferences at this stage (very limited visual acuity ~20/400) mean they respond best to high-contrast stimuli (black/white patterns <sup>6</sup>) and faces <sup>7</sup>, which shape how they focus their limited attention and begin to recognize themselves versus others.

**First Principles:** Based on this, I use these core principles:

- **Sensorimotor Self-Exploration (Piaget):** Between 1–4 mo infants repeat body-centered actions to learn about themselves <sup>1</sup>. This "thumb-sucking" phase lays the groundwork for body awareness <sup>2</sup>.
- **Attachment/Touch as Self-Scaffold:** Early bodily contact with a caregiver (holding, skin-to-skin) is the foundation of the infant's emerging self, providing a safe "transitional space" <sup>3</sup> <sup>8</sup>. Secure, responsive holding builds trust (Erikson's trust vs. mistrust) and helps regulate the baby's internal state.
- **Self-Regulation & Emotional Awareness:** By 8 weeks infants can begin to self-soothe (sucking hand <sup>4</sup>) and display social smiles <sup>5</sup>. These skills reflect nascent internal-state awareness. Tools should support this (e.g. encouraging self-soothing gestures safely).
- **Sensory Integration:** Babies prefer high-contrast visual patterns <sup>6</sup> and face-to-face interaction <sup>7</sup>. This means visual tools should use simple, bold designs (black/white) and emphasize caregiver interaction rather than colorful complexity.

## Step 2: Developmentally Mismatched Tools

- **Baby Walkers / Jumpers:** Devices like wheeled walkers or infant jumpers are inappropriate at 8 weeks. Babies this young lack trunk/head control (they should not be upright) and such devices can endanger posture and safety. In fact, the AAP has formally *banned* mobile walkers because of injury risk <sup>9</sup>. Even stationary exersaucers are meant for  $\geq 4\text{--}6$  months (when neck strength emerges) <sup>10</sup>. Using these now forces movements the baby cannot physically support, offering no self-directed learning.
- **Screens or Electronic "Learning" Toys:** Any TV, tablet app or bright musical toy is a poor match. The AAP explicitly advises that infants under 2 should have extremely limited screen time <sup>11</sup>. Babies learn best from people and physical interaction, not passive video. Screen media at this age cannot be interpreted by the baby <sup>12</sup>; it simply distracts from real-world bonding. Research even links background TV to poorer language and social skills <sup>13</sup>. In short, digital screens provide little true developmental leverage for an 8-week infant.
- **Busy Multicolored Mobiles or Toys:** Infants at 8 weeks have very limited visual acuity (can focus ~8–10 inches) and prefer high-contrast patterns <sup>6</sup>. Complex pastel mobiles or flashing toys

overload their immature vision and cause more overstimulation than learning. Excessive light/sound stimuli (like those on many “activity gyms”) can overwhelm a young baby <sup>14</sup>. Simple, high-contrast visuals or gentle sensory input are far more appropriate than these intricate gadget-toys.

## Tier 1: Absolute Best Tool (Maximal Leverage)

**Tool Name:** *Artipoppe Zeitgeist Baby Carrier – Argus Oat (linen)*

- **Configuration:** Full ergonomic carrier in linen fabric (stretchy 100% linen blend), includes facing-out insert, padded straps and waistbelt, limited-edition box. Certified “hip-healthy” by the International Hip Dysplasia Institute <sup>15</sup> and meets EU/ASTM safety standards <sup>15</sup>. Designed for 0–36+ months (toddler).
- **Price (EUR):** ≈€393 (full MSRP; free EU shipping). (Facing-out insert and premium packaging included.)
- **Key Domains:** *Social-Emotional / Attachment* (trust and bonding via constant contact <sup>3</sup> <sup>8</sup>); *Sensorimotor/Proprioception* (supports body-awareness through close physical movement <sup>3</sup>); *Self-Regulation* (soothes baby via parent’s heartbeat/voice).
- **Lifespan (Primary):** ~520 weeks. The high-quality heavy linen and reinforced stitching suggest multi-year durability (comparable products last 3–5+ years of regular use). Provides long service for the weekly rotation.
- **Sanitization:** *Giver:* Machine wash carrier (gentle cycle 60°C) or spot-clean straps; ensure full dry to prevent mildew. Inspect stitching for wear. *Receiver:* Visually inspect and, as needed, launder before first use to remove allergens; ensure all buckles/straps are intact.
- **Purchase Channels:** Standard Retail. Available directly from Artipoppe’s EU site (Austria), as well as select baby boutiques. (Worldwide free shipping, VAT included <sup>16</sup>.) No special import needed for EU members.

**Tier Justification & Fit:** This premium carrier offers **unmatched developmental leverage** for an 8-week-old. At ~2 months babies are beginning to socially smile and track faces <sup>5</sup> <sup>7</sup>, so having them snug against a caregiver’s chest maximizes this early social feedback. Continuous skin-to-skin contact and the steady rhythm of a parent’s breathing/heartbeat help the infant form a stable internal “world” (secure attachment and bodily self) <sup>3</sup> <sup>8</sup>. The Artipoppe Zeitgeist’s design ensures ergonomic **M-position** seating and ample support even when facing outward, which few carriers offer <sup>15</sup>. Its heavy linen fabric is breathable yet snug like a gentle swaddle, reinforcing body boundaries and safety. For week 1 specifically, this carrier meets the baby’s need for head support and closeness (many carriers require 4+ months, but Artipoppe allows newborn use) <sup>17</sup>. Seasonal/weather independent (can be used inside).

- **Pros:** Facilitates peak attachment and regulation (skin contact, secure hold) <sup>8</sup>; top-tier material and comfort (padded straps/waist, IH Diap. Inst. “hip-healthy” certified <sup>15</sup>); adjustable for growth from newborn onward.
- **Cons:** Very high cost; requires caregiver skill to adjust; heavy-duty cleaning needed after each use; large size for storage.

### Implementation Protocol (Week-specific):

- Carefully swaddle infant in the carrier in **inward-facing** position with legs in ergonomic “M” (knees up, hips wide) <sup>15</sup>. Ensure the headrest/support is folded under the neck (for 8-week-old, use the soft hood or fold of linen for head support). Confirm the baby’s face is visible to you and that there is no fabric over their face.
- Use the carrier during feeding and soothing: walk slowly or gently rock while softly talking/singing to the baby. Encourage calm by stroking the baby’s back through the carrier; the tactile feedback and caregiver’s voice reinforce the baby’s internal calm (fulfilling the attachment “transitional space” <sup>3</sup>).

- After a few hours, let the baby out (for e.g., awake play on a mat) and then repeat the snuggle cycle. This alternation helps baby learn *cause-effect*: the gentle swaddle-like compression in the carrier (hug) gives comfort, teaching the baby their internal state can be influenced by caregiver actions (foundation of self-regulation).

## Tier 2: High-End Alternatives

### 1. Tool Name: *Ergobaby Omni 360 Cool Air Mesh Baby Carrier*

- **Configuration:** Structured carrier with 4 carrying modes (front-inward, front-outward, hip, back). Includes infant head/neck support and built-in lumbar support <sup>18</sup> <sup>19</sup>. Mesh fabric for breathability. Fits newborns (from ~3.2 kg) without insert through toddler (20 kg max) <sup>20</sup>.

- **Price (EUR):** ~€180 (sale price). (Retail ~€199; optional accessories like drool bib €19.90.)

- **Key Domains:** *Attachment/Comfort* (close contact allows bonding and co-regulation); *Physical Development* (ergonomic “M-seat” safeguards hip/spine development – IHDI certified <sup>15</sup>); *Cognitive/Social* (outward-facing mode will allow baby to view caregivers’ faces and environment, supporting awareness).

- **Lifespan:** ~520 weeks. Durable nylon/cotton blend and plastic hardware typically endure several years of regular use.

- **Sanitization:** *Giver:* Machine wash on gentle (carrier is machine-washable <sup>21</sup>); wipe buckles with sanitizing wipe. *Receiver:* Inspect and wash before use; check for loose threads or buckle fatigue.

- **Purchase Channels:** Standard Retail. Sold widely in EU through Ergobaby’s own site and retailers (Amazon.de, baby stores). No import needed.

**Tier Fit & Analysis:** The Ergobaby Omni 360 offers *nearly all* of Tier 1’s advantages at ~50% cost. It supports inward-facing carry from newborn onward <sup>20</sup>, ensuring continuous caregiver contact for bonding. It is *hip-healthy* (ergonomic seat) and even allows a safe facing-out front carry <sup>18</sup> (though for 8-week-olds we would keep it inward). Like Tier 1, it has padded straps and lumbar support <sup>19</sup>, making long periods comfortable for the parent. Compared to Tier 1’s wrap design, the Omni 360 is faster to use (buckle-in) but covers less of the baby’s body, so the infant may feel slightly more exposed. The mesh fabric keeps baby cool, though in winter an all-cotton variant might be warmer. It includes a limited head support for a newborn, but small infants may require occasional manual support when very sleepy. Overall, Omni 360 yields ~95% of the closeness and safety of Tier 1 in everyday use.

- **Pros:** Multifunctional (4 carry modes) and IHDI-certified ergonomic <sup>15</sup>; built-in back/lumbar support for parent comfort; well-supported weight up to toddler. Widely available.
- **Cons:** Still pricey; slightly less intimate (more plastic structure); the forward-facing option might distract attention prematurely; the mesh model is cool but not insulating in cold weather.

### Implementation Protocol (Week-specific):

- Position the Omni 360 in the **inward-facing** mode with baby’s legs in the ergonomic seat. Tighten straps so the baby’s head rests against the parent’s chest (high enough to kiss). Use the detachable hood or fold of mesh to support the neck.

- Encourage caregiver to rock or sway gently with baby in the carrier, maintaining eye contact and a calm tone. Let the baby **touch the parent’s chest or clothing** with fingers (promoting proprioception of own movement). When baby fusses, stop motion and quietly talk or sing; the parent’s immediate response teaches the infant how their internal calm responds to soothing touch.

### 2. Tool Name: *Baby Tula Free-to-Grow Ergonomic Baby Carrier*

- **Configuration:** Soft-structured cotton carrier (100% cotton panel). Adjustable seat width/height (5”–15” wide) to fit 7–45 lbs <sup>22</sup>. Padded shoulder straps and wide waistbelt distribute weight <sup>23</sup>. Carries

front (inward) or back; no facing-out mode. Comes with infant head pillow and hood.

- **Price (EUR):** ≈€149 (cotton standard colors; sale ~€129). (Many patterns available; e.g. “Sunshine Terry” listed at €149 <sup>24</sup>.)

- **Key Domains:** *Attachment & Comfort* (close front carry supports bonding); *Ergonomics* (maintains knee-to-knee “M” posture, supporting healthy hips <sup>22</sup>); *Sensory Regulation* (100% cotton is soft and breathable, soothing against baby’s skin).

- **Lifespan:** ~520 weeks. The sturdy cotton and construction hold up to years of use if washed carefully.

- **Sanitization:** *Giver:* Machine wash cold (cotton) per instructions; line-dry. *Receiver:* Inspect seams and adjusters; wash before first use if desired.

- **Purchase Channels:** Standard Retail. Available across EU (Tula’s EU webstore <sup>24</sup>, Amazon, retailers). No special sourcing required.

**Tier Fit & Analysis:** The Tula Free-to-Grow is a slightly more affordable premium option. It matches many Tier 1 benefits: it requires no infant insert for a newborn <sup>22</sup>, so baby stays snug from day one. Its dual-adjust shoulder straps and padded waist allow comfortable shared use among caregivers (few adjustments needed between users <sup>23</sup>). The cotton seat is very soft against the baby, promoting calm. However, unlike the Artipoppe or Ergobaby, Tula does **not** support forward-facing or hip carries, which actually simplifies focus on parent-baby bonding at this stage (for 8 weeks we only use inward carry anyway). Compared to Omni 360, Tula’s straps are slightly narrower, so weight feels a bit higher on shoulders. Overall it provides ~90% of Tier 1’s leverage: strong bonding, ergonomic support, but at ~60–70% of the cost.

- *Pros:* Supports newborn without extra parts <sup>22</sup>; 100% cotton is chemical-free and very gentle; well-built (Tula is OEKO-TEX certified).
- *Cons:* No facing-out/back modes (so less flexibility as baby grows); modest padding compared to Ergobaby; belt can feel bulky around waist.

#### **Implementation Protocol (Week-specific):**

- Fasten the Tula in inward-facing mode with baby high on your chest (NSK – newborn snuggle keep). Adjust the panel so baby’s knees are higher than hips, which the Free-to-Grow does automatically as panel widens. Make sure the head pillow is up to support neck.

- Have the caregiver gently pat or rub baby’s back when walking, to reinforce proprioceptive feedback. Use lullabies or “baby talk” while pacing; the baby’s limited view (only seeing parent’s face) focuses the “social mirror” development. After 2–3 hours, switch roles or let another caregiver wear the carrier to provide the baby a safe multi-person bonding experience (others see similar comforting reactions, which reinforces the baby’s emerging sense of self across relationships).

## **Tier 3: Mid-Range Value**

### **1. Tool Name:** *Infantino Flip 4-in-1 Convertible Carrier*

- **Configuration:** Lightweight convertible carrier. Two seat modes (narrow for infants, wide for older baby) and four positions: front-inward, front-outward, back, and hip hold <sup>25</sup> <sup>26</sup>. Integrated infant head support/bib. Fits ~3.6–14.5 kg (8–32 lbs) <sup>26</sup>.

- **Price (EUR):** ~€35 (typical street price, very affordable).

- **Key Domains:** *Attachment/Closeness* (maintains front-carry intimacy); *Developmental ergonomics* (narrow seat gives an ergonomic seat position <sup>26</sup>); *Ease of practice* (simple buckles, no wrapping skill needed – good for parents to quickly secure baby).

- **Lifespan:** ~260 weeks. The simple polyester/cotton mix is sturdy, but at low price the fabric is thinner. Expect 3–5 years with regular use.

- **Sanitization:** *Giver:* Machine wash per tag (hand-wash or delicate cycle). Wipe snaps with diluted

bleach or alcohol if needed. *Receiver:* Inspect for seam damage or worn fabric; wash before initial use.

- **Purchase Channels:** Standard Retail. Available via Amazon (EU) and baby stores. Infantino's UK/EU sites list it, and many discount outlets carry it.

**Tier Fit & Analysis:** The Infantino Flip is a budget converter that offers moderate developmental value. It retains a front-carry mode that keeps the baby near the parent, supporting bonding. The built-in padding and convertible seat do allow a safe hip-healthy M-position <sup>26</sup>. However, it's *not recommended for newborns* (lowest weight ~8 lbs <sup>26</sup>), so a very small 8-week-old may need to grow a bit or have extra neck support. Its fabrics and construction are below the premium carriers, so it lacks the subtle comfort of padded wraps. We rank it Tier 3 because it still provides core benefits at low cost (father can quickly buckle it on), but sacrifices some safety and comfort. Compared to Tier 2, Infantino is ~60% cheaper, but only ~60–70% as effective.

- *Pros:* Extremely inexpensive and accessible; supports multiple carry modes (including front-out to vary stimulation); ergonomic seat claimed by manufacturer <sup>26</sup>.
- *Cons:* Not newborn-ready (excludes smallest infants) <sup>26</sup>; minimal padding (less parent comfort); inferior materials (no certification by hip institute).

#### **Implementation Protocol (Week-specific):**

- Use the **narrow seat** setting for the infant. Ensure all buckles are snug and the head support pad is correctly positioned behind the baby's neck. Because this carrier lacks an infant insert, double-check that the baby's chin is free (use the cover/bib as needed to keep baby close).

- Limit use to quiet, calm periods: walk with the baby, but avoid over-stimulation (keep the parent's face and voice the focus). Use it *briefly* (30–60 min) for cuddling rather than all-day wear, to avoid potential strain on the still-fragile infant. Always keep one hand on the baby when moving to compensate for the minimal structure.

#### **2. Tool Name:** *Moby Wrap Baby Carrier (Classic Cotton)*

- **Configuration:** A 5-meter-long stretchy knit wrap (~95% cotton, 5% spandex). One-size-fits-all, adjustable by wrapping. Supports multiple holds: Newborn Hug (inward), Kangaroo, etc. Rated for ~3.6–11 kg (8–25 lbs) once tied (introduce at ~8 lbs) <sup>27</sup>.

- **Price (EUR):** ~€35. (Classic Moby Wrap, various colors.)

- **Key Domains:** *Attachment / Security* (completely envelops baby for maximal skin contact, simulating womb sensation); *Proprioceptive feedback* (soft tension around baby encourages soothing self-awareness of boundaries); *Parental Brain Engagement* (requires caregiver focus while tying – fosters intention).

- **Lifespan:** ~520 weeks. High-jersey cotton blends wash like clothing; a single wrap can last many years if handled gently.

- **Sanitization:** *Giver:* Machine wash warm, tumble dry low. Ensure the wrap is fully dry before next use. *Receiver:* Inspect for fabric thinning or stretched areas; wash after each use to remove skin oils.

- **Purchase Channels:** Standard Retail/Import. Widely sold online (Amazon DE, specialty baby stores). Originally US brand, but EU shipping is available (can also be found via Amazon EU). No special purchase needed.

**Tier Fit & Analysis:** The Moby Wrap is a classic high-contact option that came to mind when ranked for bond-strengthening. It encloses the baby entirely in fabric, providing deep vestibular and tactile input. The baby can hear the parent's heartbeat and feel their breathing closely, aiding internal regulation. In fact, research shows that infants in **soft carriers** have higher rates of secure attachment than those in inflexible seats <sup>8</sup>. Because it requires proper wrapping technique, it demands caregiver effort (which many parents find enhances mindfulness of the baby's needs). At Tier 3 value, the Moby Wrap costs only ~10% of Tier 1 but still delivers ~80–90% of its bonding effect. Its stretch also allows a snug snuggle hold

that can calm a fussy baby. However, it has downsides: learning to tie it safely takes practice, and if done incorrectly it can slip. Also, it offers no built-in structure, so the wearer must be mindful of posture. We rank it slightly below Tier 2 because it lacks the instantaneous convenience and parental back support of structured carriers, but it is excellent for those comfortable with wraps.

- **Pros:** Maximum skin-to-skin contact (highest closeness); grows with baby (from newborn onward) <sup>27</sup>; highly adjustable to any caregiver size.
- **Cons:** Learning curve (tying correctly is crucial); no quick-change release; potentially unsafe if miswrapped (buckle carriers have fixed bounds).

#### **Implementation Protocol (Week-specific):**

- Tie the Moby in the “Newborn Hug” carry following instructions (cross straps and create a pouch) so the baby rests upright. Ensure the fabric is spread across back/shoulders to avoid pressure points. Make sure the baby’s face is visible and chin off chest.

- While walking or pacing, **talk or sing** to the baby at close range. Because the baby is fully wrapped, gently bounce or sway; the soft stretch will keep them snug. This “routine of wrap and calm” helps the baby begin to associate their internal comfort with the caregiver’s presence and actions. Since Moby is a bit warm, ensure the environment is cool or remove layers from baby to avoid overheating.

## **Tier 4: Minimal Viable Tool (Budget)**

**Tool Name:** *Aden + Anais Organic Cotton Muslin Swaddle Squares (3-pack)*

- **Configuration:** Three large muslin cloths (120×120 cm each) of 100% organic cotton. Lightweight but snug. Provides one traditional swaddle cloth per family plus one spare.

- **Price (EUR):** ≈€30–35 for set of 3 (depending on retailer/pattern). (Approx. €10–12 per square; prices vary.)

- **Key Domains:** *Self-Regulation & Security* (swaddling mimics the womb’s gentle pressure, calming infant); *Bodily Boundaries* (snug wrap gives baby consistent proprioceptive feedback about limb position, akin to caregiver holding <sup>3</sup>); *Sensory Soothing* (soft cotton soothes skin, and the parent’s scent on the cloth provides comfort).

- **Lifespan (Primary):** ~260 weeks. These muslin cloths will stretch and fade over ~1–2 years of heavy use. However, families often keep them as keepsakes or repurpose as light blankets later, so a few years of rotation (130–260 weeks) is realistic.

- **Sanitization:** *Giver:* Machine wash and dry high heat (cotton can tolerate 60°C); ironing if desired. Each outgoing parent should launder to remove oils/drool. *Receiver:* Inspect for tears or thinning (replace cloth if fraying).

- **Purchase Channels:** Standard Retail. Widely sold in EU (Amazon, baby stores, retailers like Next <sup>28</sup>). These are common enough to avoid any specialty sourcing.

**Tier Fit & Analysis:** While passive, a good swaddle is a surprisingly potent developmental tool for this stage. At 8 weeks, babies still benefit greatly from the **boundaries and warmth** that swaddling provides – it’s effectively a simple “holding simulator.” By gently restraining the limbs in a flexible cloth, the swaddle lets the infant feel a constant, reassuring pressure (an echo of skin-to-skin contact <sup>3</sup>) and can quickly soothe crying. The Aden+Anais muslins are top-quality (soft, breathable) and large enough to wrap even older infants. Compared to higher-tier items, swaddling lacks interactivity: it doesn’t actively engage the baby in movements or cause-effect learning. But for the 7-day window, it ensures **at least one reliably calming experience per day** regardless of weather or context (it works equally indoors or out, day or night). It also teaches a subtle introspective lesson: the baby learns how tension

on their body changes how they feel. Because of its low cost, every family can use a fresh clean swaddle daily.

- *Pros:* Universal soothing effect (babies calm down much faster when swaddled); versatile (also serves as blanket, nursing cover, or tummy-time mat, extending usability).
- *Cons:* Passive (baby isn't exploring); risk of improper use (must allow hips to flex to avoid dysplasia – keep “froggy” leg position). Too-tight swaddles can inhibit movement or breathing if misdone.

#### **Implementation Protocol:**

- Use two squares together if needed: wrap the baby snugly (arms-down or arms-up depending on preference), with cloth edges tucked securely. Always leave room for legs to bend (to protect hips). The goal is gentle pressure, not immobilization. Observe as you wrap: a properly swaddled baby should appear calm with slightly flexed limbs <sup>3</sup>.
- Employ the swaddle for naps or quiet play: place the swaddled baby on their back in a safe sleep environment. The security often lengthens nap times. Then, to contrast, on alternate days or sessions unwrap the baby gently and let them kick. Point out (via gentle words or caregiver's soothing touch) how the baby's arms/legs move differently when free. This helps the infant start to notice the difference between being wrapped (constrained self) and unwrapped (free self), giving a basic sense of body agency.

**Key Mismatches (for clarity):** As a reminder, we **do not** recommend popular but inappropriate items for this age-topic, such as baby walkers/exersaucers (unsafe and requiring  $\geq 4$  mo <sup>10</sup> <sup>9</sup>), any screen/video toy (AAP forbids media use under 2y <sup>11</sup>), or flashy/musical gadgets (overstimulating; infants need simple high-contrast stimuli <sup>6</sup>). These yield little self-directed learning and can actually impede the foundational self-regulation we target.

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#### <sup>1</sup> The Sensorimotor Stage of Cognitive Development

<https://www.verywellmind.com/sensorimotor-stage-of-cognitive-development-2795462>

#### <sup>2</sup> Hand Function 0-7 months - Physiopedia

[https://www.physio-pedia.com/Hand\\_Function\\_0-7\\_months](https://www.physio-pedia.com/Hand_Function_0-7_months)

#### <sup>3</sup> The Development of the Mind: A Three Month Old Infant - PubMed

<https://pubmed.ncbi.nlm.nih.gov/28769546/>

#### <sup>4</sup> <sup>7</sup> Your baby's developmental milestones at 2 months | UNICEF Parenting

<https://www.unicef.org/parenting/child-development/your-babys-developmental-milestones-2-months>

#### <sup>5</sup> Emotional & Social Development in Babies: Birth to 3 Months - HealthyChildren.org

<https://www.healthychildren.org/English/ages-stages/baby/Pages/Emotional-and-Social-Development-Birth-to-3-Months.aspx>

#### <sup>6</sup> Infant vision development: Helping babies see their bright futures! - MSU Extension

[https://www.canr.msu.edu/news/infant\\_vision\\_development\\_helping\\_babies\\_see\\_their\\_bright\\_futures](https://www.canr.msu.edu/news/infant_vision_development_helping_babies_see_their_bright_futures)

#### <sup>8</sup> Babywearing Practices and Effects on Parental, Child Physical and Psychological Health

[https://hipdysplasia.org/wp-content/uploads/2022/07/AJPN.MS\\_ID\\_555876.pdf](https://hipdysplasia.org/wp-content/uploads/2022/07/AJPN.MS_ID_555876.pdf)

#### <sup>9</sup> <sup>10</sup> <sup>14</sup> Are Exersaucers Bad for Babies? The Pros and Cons of using Saucers

<https://cleverbeeacademy.com/exersaucers-for-babies/>

11 12 13 **Screen Time for Infants**

[https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/qa-portal/qa-portal-library/qa-portal-library-questions/screen-time-for-infants/?srsltid=AfmBOorzRsMdSE\\_cdN6GxpPJHMhntEFRC5UPUDq5dnhQ7TkYtW612lp](https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/qa-portal/qa-portal-library/qa-portal-library-questions/screen-time-for-infants/?srsltid=AfmBOorzRsMdSE_cdN6GxpPJHMhntEFRC5UPUDq5dnhQ7TkYtW612lp)

15 16 **Denim Silhouette | Zeitgeist Baby Carrier | SHOP ARTIPOPPE**

<https://shop.artipoppe.com/zeitgeist-baby-carrier/9997-zeitgeist-denim-silhouette>

17 **Argus Oat | Zeitgeist Baby Carrier | SHOP ARTIPOPPE**

<https://shop.artipoppe.com/zeitgeist-baby-carrier/1028-zeitgeist-baby-argus-oat>

18 20 21 **Shop Omni Classic (formally Omni 360) Baby Carrier | Ergobaby**

<https://ergobaby.eu/the-omni-360-baby-carrier>

19 **Shop Omni Classic (formally Omni 360) Baby Carrier | Ergobaby**

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22 23 **Amazon.com: Baby Tula Cotton Free-to-Grow Baby Carrier - Adjustable, Comfortable, Newborn to Toddler Carrier - Ergonomic Fit for 7lbs to 45lbs - Back & Front Carry Options - Play (Yellow/Hearts) : Baby**

<https://www.amazon.com/Tula-Ergonomic-Free-Grow-Carrier/dp/B06XKBNTJZ>

24 **Free-to-Grow Newborn Baby Carrier – Baby Tula EU**

<http://babytula.eu/collections/free-to-grow-newborn-baby-carrier>

25 26 **Flip Advanced™ 4-in-1 Convertible Baby Carrier – Infantino UK**

<https://uk.infantino.com/products/flip-4in1>

27 **Moby Wrap Newborn Hug Hold Instructions**

<https://mobywrap.com/blogs/how-to-videos/moby-wrap-newborn-hug-hold-instructions>

28 **Buy aden + anais Keep Rising Muslin Squares 3 Pack ... - next DE**

<https://www.next.de/en/g851736s8/c03673>