

## QUOKKABABY PROFESIONAL REVIEW Bernadett Berecz, Ph.D

Biologist, babywearing consultant and educator
Scientific advisor and member of managerial board
of Beli Buba Babywearing School
Budapest, Hungary

I have been testing the Quokkababy with a demo doll for days doing the normal tasks what a mother with a small baby usually does. I have to admit I had been sceptic about any babywearing top before experiencing Quokkababy on my own skin. I can say now that Quokkababy is a great product for carrying small babies It is very easy to use properly.

I really love the feeling of the Quokkababy, it distributes the weight even more than a stretchy wrap does, all over the shoulders and back while supports the ergonomic hip and spine positions required for healthy babywearing. The experience of wearing a Quokkababy is close to wearing a high quality starchy wrap with the benefit of the easy usage. Many parents are drawn back from using wraps because they find it too difficult to tie. With Quokkababy this really does not apply, everybody can achieve the ergonomic position with the straps easily.

I like the feeling of the fabric on my skin, although I am picky about it. I find it a very important point regarding a product you would put your newborn or even your premature baby into and you would be wearing it all day long yourself.

I especially like the possibility to create skin-to-skin contact with your baby. Is is very simple and straight forward with using the Quokkababy. You don't have to bother what to wear yourself while being skin-to-skin because you are already wearing your top. You don't have to remove your Quokkababy when you take your baby out for caring for her, for instance changing nappies or feeding your baby. Being skin-to-skin contact help to establish secure attachment with your child and even the milk supply will increase when the mother is being exposed to skin-to-skin contact with her baby. Both are due to the elevated oxytocin (the hormone of closeness) level caused by the skin-to-skin contact between them.

Breastfeeding is very easy in the Quokka, and you can maintain skin-to-skin contact with your naked baby while breastfeeding, which can help a lot with a sleepy or tired baby.

The intimacy of the skin-to-skin contact what Quokkababy offers is just superb under any circumstances.

Tandem carrying is also possible when you wear your child in your Quokkababy, as its fabric is very pleasant, not slippery but not too clingy either. Either you are having twins or there is a small age gap between your children, you can wear one of your child in your Quokkababy and the other one on your back in an other carrier or wrap. It will be safe as long as you can remove both of them quickly from their own carrier.

Based on my own experiences with Quokkababy I can warmly recommend to use the product from birth onwards, you and your baby both will benefit a lot from the intimate start of your baby's life!



