

# Frequently Asked Questions

## So Nurturing™ Family Ties Baby Wraps™

Answers by Rebecca, mother of ten children and  
Shari, psychotherapist and Child and Adolescent Mental Health  
Specialist

Scroll down for our most Frequently Asked Questions (FAQs).  
If your answer is not here, feel free to contact us.

Q: Why should I choose a Family Ties Baby Wrap™ instead of another type of baby carrier?

Q: Can I hold my baby too much?

Q: What about fussy or colicky babies?

Q: I just got my Family Ties Wrap™. How do I carry my baby in it?

Q: Is it comfortable? Can I put my newborn baby in this? What about my toddler?

Q: What's the difference between your Reversible and Non-Reversible Wraps?

Q: Is the Family Ties Baby Wrap™ easy to use?

Q: How do I order a wrap?

Q: Do you do Custom Orders? What about Gift Certificates?

Q: What are the benefits of Babywearing?

Q: Can I see my baby's photos online?

Q: How many ways are there to wear my Family Ties Baby Wrap™?

Q: I'm a little on the large size. Will this wrap fit me?

Q: How old does my baby have to be to face outward?

Q: How do I nurse in my Family Ties Baby Wrap™?

Q: Is the Family Ties Baby Wrap™ too hot for summer?

Q: Will my Family Ties Baby Wrap™ fit my spouse? What about my baby's caregiver?

**Q: Okay, I've used my wrap and I love it, but I don't remember how to roll it back up into its pocket.**

**Q: How do I wash my Family Ties Baby Wrap™?**

**Q: Is the Family Ties Baby Wrap™ safe? I recently read an awful report about babies suffocating in slings!**

**Q: How do I pay for my wrap?**

**Q: How long will it take to receive my order?**

**Q: What about shipping costs and time?**

**Q: What is your Return Policy?**

\*\*\*\*\*

**Q: Why should I choose a Family Ties Baby Wrap™ instead of another type of baby carrier?**

Shari: The Family Ties Baby Wrap is made of 100% stretch cotton and has no buttons, belts or buckles to scrape or pinch your baby. Instead of feeling like you're wearing extra clothes, it's just you and your infant, not extra bulky padding between you and your baby. Your baby feels your heartbeat, hears your voice, and enjoys the motion of your body while staying warm and comfortably nestled close to you. Research shows that babywearing nurtures and benefits your baby physically, emotionally and intellectually by sustaining the physiological connectedness between parent and child. Parents report that their babies are happier, cry less, sleep better and seem more satisfied.

**Q: Can I hold my baby too much?**

Shari: All over the world in other cultures, mothers carry their babies all day - in China, Africa, Korea, Japan, Mexico, Europe, Central and South America, New Guinea, Indonesia, the Middle East, New Zealand, Australia (need I go on?) while they continue on with their normal life activities. Your baby will guide you. There's no such thing as holding a baby too much as long as you're happy to do so. Your baby will let you know when he wants to be held, and when he wants to be free to explore.

**Q: What about fussy or colicky babies?**

Rebecca: Colicky infants are often soothed by staying in an upright position so their little stomachs aren't bent uncomfortably. This loving tummy to tummy contact allows you to bounce or walk while providing the security, warmth and proper positioning their irritated little belly needs.

**Q: I just got my Family Ties Wrap™. How do I carry my baby in it?**

Rebecca: I'm so excited for you, and I know you'll love it. Have a look at our Wrap Instruction page for our videos and step-by-step instructions in wearing your wrap. I put it on in the morning and don't even take it off - I wear it over my shirt, then I can quickly put my baby in and take her out of it all day long. That way when I run errands, I can just take her straight out of the car seat and stick her back into it, and it's so convenient because I have my hands free to carry things or to chase after the little ones. You can also visit our YouTube channel and I'll show you how to put it on! See me at <http://www.youtube.com/sonurturing>

**Q: Is it comfortable? Can I put my newborn baby in this? What about my toddler?**

Shari: That's the beauty of this wrap. The Family Ties Wrap™ is ergonomically designed to distribute the baby's weight over your shoulders as well as your entire back. Other carriers have uncomfortable narrow straps that cause muscle fatigue, and slings only go across one side of your body, which can throw it out of alignment. Your Family Ties Wrap™ is perfect for bonding with your newborn and you can continue to wear it until your child weighs 35lbs.

**Q: What's the difference between your Reversible and Non-Reversible Wraps?**

Rebecca: All wraps have stretchy 100% cotton ties that are lightweight and much cooler than other available wraps. The difference is between the cuddle soft and the reversible cotton panels. The reversible wraps are two different fabric patterns, one on each side of the middle fabric panel. They are 100% cotton, and you can choose from any of the color combinations in our store. The non-reversible wraps are one-sided, and the front panels are made of cuddly-soft fabric that is so yummy. It's a little warmer for your baby, and except for about two months, I find I wear the cuddle soft wraps most of the year here in the Northwest. If you live in a very warm/hot climate, you might prefer the pure cotton fronts.

**Q: Is the Family Ties Baby Wrap™ easy to use?**

Rebecca: Ohhhhhh...so easy! It takes a few minutes to learn, but once you've got it down, you'll be amazed at how remarkably fast it is to put on. Have a look at our videos or written instructions under Wrap Instructions on our website. You can also follow these YouTube and Facebook links:

**So Nurturing YouTube Videos:**  
<http://www.youtube.com/sonurturing>

**Written Instructions:**

**Tying Your Family Ties Wrap - Detailed Instructions and Photos**

<http://www.facebook.com/album.php?aid=145480&id=284338798106&l=9ed052c500>

**The Cuddle Hold in your Family Ties Wrap - Detailed Instructions and Photos**

<http://www.facebook.com/album.php?aid=145479&id=284338798106&l=e5fbc94390>

**Q: How do I order a wrap?**

Shari: Just have a look at our website, [sonurturing.com](http://sonurturing.com) under the Baby Wrap tab to see our latest fabric samples and to place your order. We also have a Facebook page, So Nurturing, where you'll see photo albums with fabric samples. Make your choice and send us a message, or email us at [sonurturing@gmail.com](mailto:sonurturing@gmail.com)

**Q: Do you do Custom Orders? What about Gift Certificates?**

Rebecca: Yes! We've seen some wonderful custom fabrics. Men who have purchased wraps love wearing their favorite team logos. But there are some fabrics that do not work well for wraps. Generally we supply the wrap itself and you supply your 100% prewashed front panel piece. We've seen really beautiful fabrics out there, and it can be really fun to match your wrap exactly to your car seat insert, layette, or even your home's color scheme! Contact me for more information on the type and amount of yardage to purchase.

Gift certificates can be purchased on our website. At the bottom of our home page you'll see links for Custom Orders and Gift Certificates. There are also links for both on the Baby Wraps page.

**Q: What are the benefits of Babywearing?**

Rebecca: I'm not an expert on the psychological aspects, so I'll leave that to Shari. But I do know that the babies I've worn seem to be soothed more easily, cry less, and that after not being able to breast feed at all and/or really struggling with it, babywearing helped immensely with beginning and maintaining lactation. It was simply amazing!

Shari: There have been so many studies regarding attachment parenting, that I'm going to write an article and put some references on our Facebook Pages and website for you. To learn about attachment parenting, one of my favorite authors is Daniel Siegel, MD who has written an excellent book called Parenting from the Inside Out: How a Deeper Self-Understanding can Help You Raise Children who Thrive. It explains attachment in general, and talks about how our own attachment to our parents affects our children - and how to make

your child's attachment even better. For an even more theoretical approach, you might try John Bowlby's Attachment.

But in short, babywearing creates the bonds of safety, soothing, warmth, security and trust (among many other things) which prepare the ground for your baby to eventually grow into a trusting, emotionally healthy adult. The neurological connections forming in your baby's brain while maintaining this closeness and support are the beginning of healthy attachment relationships all throughout his or her lifetime. You're really doing your baby a service by staying so close, so often, throughout the day.

**Q: Can I see my baby's photos online?**

**Shar:** Oh! Rebecca and I would LOVE your photos and comments! We really encourage people to post pictures of their babies in wraps. It's so fun for us to see all of your beautiful children, and it's fun for you to see their photos online! Please send them to [sonurturing@gmail.com](mailto:sonurturing@gmail.com) and we'll post them to our So Nurturing website.

**Q: How many ways are there to wear my Family Ties Baby Wrap™?**

Rebecca: Our YouTube videos show you How to Tie Your Wrap, the Cuddle Hold, Newborn Hold (also called the Kangaroo Hold) and How to Remove Your Baby and Store Your Wrap. You'll find that once you can do the Cuddle Hold, you just tie your wrap starting with the center over your hip, for the Hip Hold, or on your back for the Back Carry Hold (get someone to help you with the Back Carry the first time you try it!). That's all there is to it! Just use this link to go to our YouTube So Nurturing channel to see all of our videos (or paste it in your browser line):

<http://www.youtube.com/sonurturing>

Google Links: Google Family Ties Baby Wraps or So Nurturing  
[http://www.google.com/search?q=family+ties+baby+wraps&hl=en&client=safari&rls=en&tbs=vid:1&tbo=u&ei=kWy5S\\_-j0YeEswO2lr3oDA&sa=X&oi=video\\_result\\_group&ct=title&resnum=4&ved=0CCsQqwQwAw](http://www.google.com/search?q=family+ties+baby+wraps&hl=en&client=safari&rls=en&tbs=vid:1&tbo=u&ei=kWy5S_-j0YeEswO2lr3oDA&sa=X&oi=video_result_group&ct=title&resnum=4&ved=0CCsQqwQwAw)

**Q: I'm a little on the large size. Will this wrap fit me?**

Rebecca: Our wraps are one size fits all. Our wraps are very long to fit all sizes and allow for very tall Dads. They are 19.5 feet long including the integrated pockets, which act as part of the tie. Have a look at our Gallery and our at our Facebook photo albums, you'll see a variety of men and women.

**Q: How old does my baby have to be to face outward?**

Rebecca: It depends on when your baby is able to hold up its own head comfortably, generally about three or four months old. I like

holding my babies facing toward me for a long time - until they're eight or nine months, because it feels more like cuddling to me, so it's just personal preference. Babies love facing outward because there's so much to see out there!

**Q: How do I nurse in my Family Ties Baby Wrap™?**

Rebecca: Now you're onto my favorite topic. Just slide your baby over and cover it's head with one of the pieces of fabric that goes over your shoulder. It's that simple! When your baby is tiny, there's no need for an extra piece of fabric or blanket. I was unable to nurse with most of my first eight children. With my ninth, I discovered babywearing and got my first wrap. With our tenth child, I developed a wrap that was light enough to wear all day and that I could use to nurse in. Babywearing provides continuous nurturing, and facilitates the mother-child connection that's so important in nursing. I'm convinced I wouldn't have been able to nurse the last two children if I hadn't discovered babywearing.

**Q: Is the Family Ties Baby Wrap™ too hot for summer?**

Rebecca: That's how we started So Nurturing™. The first wrap I ever used was a gift, but it was so bulky, hot, and sweaty that it was like wearing ten extra t-shirts! I developed the Family Ties Baby Wrap™ and made it lighter and cooler, using just the right type and amount of fabric to make our wraps a pleasure to wear. In warm weather, it's "hot" to carry another little body, but this wrap "breathes" because it is 100% cotton, and you can also adjust it to cover less of your body and permit air flow where you need it. Ahhhhh....

**Q: Will my Family Ties Baby Wrap™ fit my spouse? What about my baby's caregiver?**

Rebecca: Our wraps are fully adjustable - one size fits all! Our wraps are very long to fit all sizes and allow for very tall Dads. They are 19.5 feet long including the integrated pockets, which act as part of the tie. Have a look at our Gallery and our at our Facebook photo albums, you'll see a variety of men and women.

**Q: Okay, I've used my wrap and I love it, but I don't remember how to roll it back up into its pocket.**

Rebecca: It only takes a minute to learn, and there are photos and instructions on our website under the Wrap Instructions tab. You'll also find them here:

**YouTube video:**

<http://www.youtube.com/sonurturing>

**Written Instructions on Facebook: Storing Your Wrap - How to roll and use its integrated pocket**

Share this album with anyone by sending them this public link:

<http://www.facebook.com/album.php?aid=145470&id=284338798106&l=1f5b3a54bc>

**Q: How do I wash my Family Ties Baby Wrap™?**

Shari: The best way? Hand wash with cold water and line dry. Next would be to machine wash in cold water and hang to dry. Either of these options will keep it looking new longer, and maintain the vibrancy of the colors. We've heard that people put them in a pillowcase or large lingerie bag so it doesn't get caught around the agitator. Wash it in cold water separately the first time and tumble dry on regular. However, having said all that, Rebecca just throws hers into the washer and dryer with her other clothes!

**Q: Is the Family Ties Baby Wrap™ safe? I recently read an awful report about babies suffocating in slings! What do you know about this?**

Shari: What an unimaginable tragedy for those poor parents! Our hearts go out to them. Unlike the sling, which allows the baby's neck to bend forward and potentially close it's airway, the Family Ties Baby Wraps™ keeps your infant in an upright position against your body. Your baby's head and neck are supported against your body similar to the way you cradle it with your hand.

But not all slings are dangerous, said Pat Shelly, director of The Breastfeeding Center for Greater Washington.

"The safest baby wearing is in a carrier that keeps the newborn baby solidly against his mother's body, in an upright position," Shelly said in an AP interview. "Parents should be instructed to allow the infant to keep his chin off his chest optimizing the airway for breathing."

See this entire article from March 12, 2010 at:

[http://seattletimes.nwsourc.com/html/nationworld/2011333202\\_babyslings13.html](http://seattletimes.nwsourc.com/html/nationworld/2011333202_babyslings13.html)

You can see the March 25, 2010 video warning here:

<http://uk.news.yahoo.com/5/20100325/video/vwl-baby-sl原因-recalled-after-three-dea-89eb865.html>

Or read related articles here from March 24, 2010:

<http://www.kval.com/news/national/89009322.html>

<http://www.kval.com/news/consumertips/89009857.html>

**Q: How do I pay for my wrap?**

Shari: We accept Credit Cards, Debit Cards, PayPal, Money Orders

and Checks. If you want to use PayPal, it's easy - just order from our website or contact us and we'll send you the link! You don't need a Paypal account to pay with a Debit or Credit card; just click the "Add To Cart" button on our product pages and enter your payment information.

**Q: How long will it take to receive my order?**

Rebecca: Our wraps are custom made, so delivery time is 10-14 business days (not including shipping time), although we try to get them out sooner if at all possible. If your item is in stock, it will ship within 3-4 business days. Like you, once in a great while "life" happens (shipments haven't arrived, sick children, etc.) so we thank you for your patience if an unexpected difficulty arises. You are our greatest assets in this business and we try very hard to please. We appreciate you, our walking advertisements!

*If your order is urgent and you wish to overnight or second day air your package, please contact us for pricing.*

**Q: What about shipping costs and time?**

<b>ship to:</b>	<b>cost:</b>	<b>with another item:</b>
United States	\$7.00 USD	\$4.00 USD
Canada	\$11.00 USD	\$6.00 USD
Everywhere Else	\$14.00 USD	\$7.00 USD

*If you wish to overnight or second day air your package, please contact us for pricing.*

Unfortunately, once your wrap leaves us, we are no longer able to control when it will arrive. We cannot be held responsible for receipt of orders due to non-delivery, late shipments or any other costs incurred by the purchaser. Shipments within the US are shipped with delivery confirmation or tracking number issued by the US Post Office (USPS). Standard shipping on international orders cannot be tracked. We are not responsible for taxes or duties that must be paid in foreign countries.

**Q: What is your Return Policy?**

Wraps in new, unwashed, unused condition may be returned within 14 days of receipt (determined by tracking/delivery confirmation numbers). You will be refunded the price of the wrap. Custom items are a personal preference, and are not returnable.

♥ All names, products, text, photographs, videos and packaging are protected by copyright and trademark ©2010 So Nurturing Family Ties Baby Wraps™ ♥