
HEALING RELATIONSHIPS

In 1983, distressed by spiraling sense of isolation felt by so many in our **The Rebozo Way**, traveled south. arms parenting she had read about in many years immersed in that culture, felt so right, it had to be shared. It quality of life for all peoples on the planet. In our affluent cultures, the strife to attain material goods works against traditional family and community relationships. Yet these, loving and continuous bonds are essential for developing wholesome attitudes. When babies are included in the daily life of their parents and community, to be comforted by people instead of objects, they grow up happier, and healthier. When normal psychological needs are met so completely, that people trust themselves and the universe, they become more self-assured, balanced, and peace loving citizens.



rates of random, anonymous violence and the culture, Barbara Wishingrad, founder of She wanted to see first hand the tribal in-books on Attachment Parenting. During the she realized this way of being with babies was a vitally important step to improving the

PRINCIPLES OF IN-ARMS PARENTING

- 1) Breastfeeding on demand with child-led weaning
- 2) Babies are held in-arms, or worn in a shawl, sling, or carrier, most of their waking hours until they initiate crawling. In this way, they calmly indicate when they want to be put down instead of crying to be picked up. Mother and father get used to having baby attached, it feels right when they are together, and not right when they are apart.
- 3) Prompt response to baby's cries. Children learn to be comforted by people, not things.
- 4) Continuity of care for young children. One primary caretaker (usually the mother) and a few other consistent caretakers (often the father and extended family) build intimate relationships with the infant; the child spends most of the time with these caretakers during the first three years of life.
- 5) Openness to various sleeping arrangements. When all family members, including baby, feel listened to about their needs, you will find the right place for everyone to sleep. In most traditional cultures, family members sleep in the same room or in the same bed.
- 6) Children are integrated into the life of the family and community. Babies in-arms are mostly in a quiet alert state of consciousness, observing their surroundings from a secure perch.
- 7) Parents and babies both get their needs met by better communication, by parents' ability to read their child's cues, ability to move easily as a unit and to be able to engage in other activities with baby attached.



OUR UNIQUE GIFT

Our work is done alongside a growing number of individuals and organizations who are also dedicated to promoting in-arms parenting styles in an effort to move cultural trends toward nurturing and cooperation. **The Rebozo Way's** unique contribution is educating through art, images, and stories from cultures that successfully practice in-arms parenting in our modern world. Through our photography show, video, educational booklets, collage, and sharing of rebozo wearing techniques, we have helped to promote continuum/attachment parenting since 1988. We reorganized as a California non-profit organization in May 1999, and became a 501(c)3 federal non profit in 2004, with the intention of expanding our services and educational programs to even more families in the western world. Contact us for detailed information on new and ongoing projects.

WEBSITE: <http://www.rebozoway.org>

VOICE/FAX: 805-965-4402

EMAIL: info@rebozoway.org

TOLL FREE: 877-4REBOZO (1-877-473-2606)

Our Mission

The Rebozo Way seeks to educate the public about traditional methods of birthing, family and community relationships, and about in-arms and continuum/attachment parenting as practiced by indigenous peoples worldwide, and as relevant to our own lives as caring members of the world community. Our commitment is to promote ways of bonding and being with babies, small children, and each other, ways that lead to greater self-esteem for every individual, as well as inner and outer peace and sense of community.

The Rebozo Way Project

Barbara Wishingrad, Pres.

P.O. BOX 22506

Santa Barbara, CA 93121 U.S.A.



A REBOZO IS A
TRADITIONAL
MEXICAN SHAWL

○ ○ ○ ○ ○

The Rebozo Way Project

The Rebozo Way was first conceived on the buses, back roads, street corners, and markets of southern Mexico and Guatemala, watching babies carried in rebozos and sutes (native shawls and cloths) in many sizes, fabrics, weaves, and positions. The women moved with grace and dignity; the babies moved with them, wide-eyed and mostly quiet. It seemed so different from most babies in western cultures--these mothers weren't constantly doing things to entertain the babies or to stop them from fussing. And the moms were out and about, laughing, socializing, shopping, working, hauling things--with both hands free!