

The subject of my bachelor thesis is „*Biomechanical aspects of babywearing*“. Babywearing is generally considered to be an alternative method and many people hold the opinion, that it is harmful to children. This is the reason why I've decided to objectively evaluate this issue. The main aim of my thesis is to analyse different opinions and study different ways of babywearing with possible impact on health.

My thesis is divided into three main parts. The first of them is comprised of ten chapters, which are dedicated to the term *babywearing* itself, history of babywearing and different products for babywearing. One of the chapters deals with the question, which children are supposed to be worn this way. The second part consists of four chapters about the ways how to wrap the scarf. And finally as for the last part of this thesis, it is divided into five chapters. This part concerns the positive and negative consequences of babywearing, which were published in an official statement of Czech Pediatric Association. Moreover I've decided to add various researches from foreign countries.