

Research Article

# Discover Use Linen Back Baby Carriers in Ancient Egypt

El Sayed Ahmed Elnashar\* 

Home Economic Dept., Faculty of Specific Education, Kaferelsheikh University, Kaferelsheikh City, Egypt

## Abstract

Egyptological Research of the hieroglyphics of Linen back baby carriers specifically used in ancient Egypt, there is a depiction from a tomb dating back to 1500 B.C. that shows women carrying children in what appears to be white fabric carriers on their backs. Objectives of This article present a thought-provoking perspective on a possible link between ancient Egyptian design and ergonomics. Remember that this is an ongoing field of research, and new discoveries or interpretations may challenge or refine the presented ideas. Always strive to critically evaluate sources and consider alternative perspectives when exploring historical topics. Egyptians were resourceful people and linen was one of their most common textiles. And It's highly they used linen for a variety of purposes, including carrying children. However, since most Egyptians were farmers and laborers, they used simpler methods for carrying their children, such as slings made from scraps of fabrics. The Pharaohs of Egypt innovate the science of ergonomics and the design of infant carriers the value of our pictures for the earliest history of art. Definitive proof of photos ancient Egypt, the explicit evidence does of back baby carriers being used in ancient Egypt, even within the royal household. Considering the cultural context, practical advantages, and potential adaptations for royalty, further research holds promise in unlocking this fascinating aspect of childcare in a bygone era. This article is intended for research informational purposes and should be depended of research professional ergonomics medical advice. And this research paper is a starting point and can be further expanded upon by including specific citations, additional research findings, and personalized discussions based on your specific interests and areas of focus.

## Keywords

Exploring, Back Baby, Ergonomics, Carriers, Ancient Egypt

## 1. Introduction

The ancient Egyptian civilization endured without much change for more than three thousand years. This is only partially true because, in fact, Egyptian ways of life, philosophy, religion, language, and art changed considerably over time so that the Use Linen Back Baby Carriers in Ancient Egypt. However, Linen Back Baby Carriers in Ancient Egypt the ancient Egyptian culture retained its identity and general character to a remarkable degree over the course of its history and a situation due in part to Egypt's favorable and secure

location. Essentially a river oasis, the country was bordered by deserts to the west and east, by the Mediterranean Sea to the north, and by the first cataract of the Nile at Aswan in the south. Egypt were Situated in the northeastern corner of Africa, Egypt was a center for trade routes to and from western Asia, the Mediterranean sea, and central Africa [15]. In ancient Egypt women were above all wives, mothers, and "mistresses of the house." As such, they played a subordinate role to men in Egyptian society, and this is how they were

\*Corresponding author: Smartex@esp.kfs.edu.eg (El Sayed Ahmed Elnashar), elsayed.elnashar@spe.kfs.edu.eg (El Sayed Ahmed Elnashar)

**Received:** 23 February 2024; **Accepted:** 6 March 2024; **Published:** 20 August 2024



Copyright: © The Author(s), 2024. Published by Science Publishing Group. This is an **Open Access** article, distributed under the terms of the Creative Commons Attribution 4.0 License (<http://creativecommons.org/licenses/by/4.0/>), which permits unrestricted use, distribution and reproduction in any medium, provided the original work is properly cited.

predominantly depicted in art. In reliefs, paintings, and statues women are represented embracing their husbands (the opposite is extremely rare); they are usually smaller in stature than men (as is natural), but in some periods and circumstances they are much smaller, as when they sit beside their husbands' legs. In paintings and reliefs women sit and stand behind men, and when a monument, such as a tomb, is dedicated exclusively to a woman, her husband usually does not appear, perhaps to spare him the indignity of a secondary place.

### 1.1. Back Baby Carriers Clarity, Balance, and Stability

Egyptian artists developed ideal forms that became the standard of Back Baby Carriers, or conventional, way of expressing desired meanings. The major figure of a composition, for instance, was usually larger than the more subsidiary ones, and its poses (standing, walking, sitting, or kneeling) were the most stylized. Even for subsidiary figures a limited number of arm and hand gestures were used to explain what the figure was doing.

### 1.2. Problem

There's a lack of readily available information about how history of ancient Egyptians carried their babies. While we have plenty of artwork depicting parents and children, details about specific child-carrying methods are often clear.

### 1.3. Objectives

Identify evidence: This research aims to find of history evidence for the use of linen-backed baby carriers in ancient Egypt. This could involve analyzing existing archaeological artifacts, textual references, or depictions in artwork. Understand functionality: evidence of linen-backed carriers is found ,the research would then delve into their design and functionality. How were they constructed? How did they ensure comfort and safety for the baby?

Cultural context: Understanding the use of linen-backed carriers would provide insight into childcare practices and parent-child relationships in ancient Egypt. Are these carriers used by all social classes?

## 2. Main Body

Discover use linen back baby carriers in ancient Egypt, defines 'heritage' of that engraving and sculpt the pictures back baby carriers in ancient Egypt as 'property that is be inherited; an inheritance', 'valued things such as historic buildings that engraving and sculpt the pictures back baby carriers that have been passed down from previous generations', and 'relating to things of historic or cultural value that are worthy of preservation', the emphasis on inheritance and

conservation is important here, as is the focus on 'property', 'things' or 'buildings' that engraving and sculpt the pictures "back baby carriers", heritage is something that can be passed from one generation to the next, something that can be conserved or inherited, and something that has historic or cultural value. heritage might be understood to be a physical 'object': a piece of property, a building that engraving and sculpt the pictures back baby carriers or a place that is able to be 'owned' and 'passed on' to someone else. to exploring the use of back baby carriers in ancient Egypt [15].

Carrying Royalty: Exploring the use of back baby carriers in ancient Egypt. While the image of a pharaoh holding a swaddled child is readily conjured, the specific practices around childcare, including babywearing, remain shrouded in some mystery. This paper delves into the potential use of back baby carriers by mothers raising children of the pharaohs in ancient Egypt, exploring historical evidence, cultural context, and practical considerations. Objects of heritage are embedded in an experience created by various kinds of users and the people who attempt to manage this experience. An analogous situation exists in the art world in understanding aesthetics [1, 2]. While the unit may serve several specific functions, it is generally used to provide a safe and stable environment [3].

There is no art without Historical rooting, the spectator and what the spectator (and critic). Makes of the art work sits alongside what the artist intended and what official culture designates in a discursive and often contested relationship. So in addition to the objects and practices of heritage themselves, we also need to be mindful of varying 'perspectives', or subject positions on heritage. Exploring the use of back baby carriers in ancient Egypt. 'Heritage' also has a series of specific and clearly defined technical and legal meanings. For example, the two places discussed earlier in this course are delineated as 'heritage' by their inclusion on the world heritage list., heritage is created in a process of categorizing of back baby carriers in ancient Egypt, these places have an official position that has a series of obligations, both legal and 'moral', arising from their inclusion on this register ancient Egypt as places on the world heritage list they must be actively conserved, they should have formal documents and policies in place to determine their management exploring the use of back baby carriers in ancient Egypt, and there is an assumption that they will be able to be visited so that their values to conservation and the world's heritage can be appreciated.

### 2.1. Limited Direct Evidence

Fortunately, unlike other aspects of Egyptian life meticulously documented in hieroglyphs and artwork, direct depictions of pharaohs using back baby carriers are scarce. This poses a challenge in definitively establishing the presence of this practice within the royal household. However, indirect evidence and cultural comparisons offer intriguing possibilities.

## 2.2. Cultural Parallels and Practicality

Back baby carriers in ancient Egypt across ancient civilizations, including neighboring Mesopotamia and Africa, back baby carriers woven from reeds, cloth, or animal skins were commonplace. Given the strong trade and cultural exchange between Egypt and these regions, the presence of similar carrying methods wouldn't be surprising. Moreover, the practical advantages of back carriers for mothers engaged in daily tasks resonate even within the royal context. Imagine royal wet nurses needing free hands to attend to other duties while keeping the pharaoh's child secure and close. Exploring the use of back baby carriers in ancient Egypt there are many other forms of official categorization back baby carriers in ancient Egypt that can be applied to heritage sites at the national or state level throughout the world. Indeed, heritage as a field of practice seems to be full of lists.

The impulse within heritage to categories back baby carriers in ancient Egypt is an important aspect of its character. The moment a place receives official recognition as a heritage 'site', its relationship with the landscape in which it exists and with the people who use it immediately changes. It somehow becomes a place, object or practice 'outside' the everyday; it is special, and set apart from the realm of daily life. In ancient Egypt even where places are not officially recognized as heritage, the way in which they are set apart and used in the production of collective memory serves to define them as heritage. For example, although it might not belong on any heritage register, a local sports arena might be the focus for collective understandings of a local community and its past, and a materialization of local memories, hopes and dreams. at the same time, in ancient Egypt the process of listing a site as heritage involves a series of value judgments about what is important, and hence worth conserving, and what is not. In ancient Egypt here is a dialectical relationship between the effect of listing something as heritage, and it's perceived significance and importance to society.

## 3. Open Questions and Further Research

Back baby carriers in ancient Egypt While the exact prevalence of back baby carriers within the pharaoh's household remains unknown, the possibility is intriguing. Future research avenues could include:

1. Examining archaeological finds: Analyzing textiles, depictions of mothers with children, or even skeletal remains of women and infants for potential clues about carrying practices.
2. Comparative studies: Drawing parallels with babywearing methods documented in neighboring cultures and exploring potential trade routes of carrying implementations.
3. Artistic interpretations: Analyzing existing artwork for subtle hints of back carrying, even if not explicitly depicted.

## 3.1. Carrying on the Back

A Research Exploration of babywearing on the mother's back, Babywearing, the practice of carrying an infant or young child close to the body, has been practiced for centuries across diverse cultures. While front carrying is the most common position, back carrying offers unique advantages and considerations. This paper delves into the research surrounding babywearing on the mother's back, exploring its benefits, safety aspects, and developmental implications.

## 3.2. Benefits of Back Carrying

**Improved Comfort and Ergonomics:** Compared to front carrying, back carrying can distribute the baby's weight more evenly, potentially reducing strain on the mother's back and shoulders. Studies suggest it may be particularly beneficial for mothers with pre-existing back pain or recovering from childbirth.

**Increased Mobility and Freedom:** With hands free, mothers can engage in activities like housework, hiking, or chores while keeping their baby close. This can enhance both bonding and productivity.

**Potential Calming Effect:** Some babies find the secure, enclosed feeling of back carrying comforting, promoting sleep and reducing fussiness. This may be particularly relevant for high-needs infants or during teething phases.

## 3.3. Potential Benefits and Adaptations

Back carrying for royalty could have offered unique advantages. With hands free, nurses could tend to the child's needs while participating in ceremonies or processions. Additionally, the secure position on the back might have provided added protection during travel or in crowded spaces; of course, the materials and design of such carriers would likely have differed from those used by commoners, potentially incorporating luxurious fabrics or symbolic embellishments befitting the royal status. In ancient Egypt documentary and digital heritage (the archives and objects deposited in libraries, including digital archives), which gives Egypt the right to intellectual property rights for new designs inspired by ancient Egyptian heritage.

## 3.4. Safety and Developmental Considerations

**Minimum Age and Physical Requirements:** Experts recommend waiting until babies have good head and neck control, typically around 4-6 months, before back carrying. Additionally, the carrier should be appropriate for the baby's size and weight to ensure proper support and safety [14].

**Positioning and Monitoring:** Back carrying requires careful positioning to maintain the baby's airway and prevent injuries. The mother should be able to easily check on the baby's face and ensure proper breathing. Using a mirror or having a partner assist can be helpful initially.

**Sensory and Stimulation:** While back carrying offers a cozy, sheltered environment, it's crucial to ensure the baby receives adequate sensory stimulation and opportunities for interaction. Frequent breaks and alternating carrying positions are recommended.

### 3.5. Here Are Some of the Benefits of Carrying a Baby on Your Back

1. It can free up your hands: When you carry your baby on your back, you have your hands free to do other things, such as hold groceries, push a stroller, or work on a computer.
2. It can be more comfortable for you: Back carrying can distribute the weight of the baby more evenly than front carrying, which can help to reduce back pain and strain.
3. It can be more calming for your baby: Some babies find back carrying to be more calming than front carrying, as it can provide a sense of security and closeness.
4. However, there are also some things to keep in mind when carrying a baby on your back:
5. Make sure your baby is old enough and developmentally ready: Babies should not be carried on the back until they have good head control, which is typically around 4-6 months old.
6. Start with short carries: When you first start back carrying, it is best to start with short carries and gradually increases the length of time your baby is on your back.
7. Be aware of your surroundings: When you are carrying a baby on your back, you need to be extra aware of your surroundings, as you may not be able to see them as easily as you would if they were in front of you.
8. Listen to your body: If you start to feel any pain or discomfort, stop carrying your baby on your back and take a break.
9. If you are considering carrying your baby on your back, it is important to talk to your pediatrician to make sure it is safe for your baby. You can also find a certified babywearing educator to help you learn how to use a back carrier safely and comfortably.

### 3.6. Pharaohs and Ergonomics: Did Ancient Egypt Lead the Way in Design for Work and Life

Back Baby carriers in ancient Egypt, while often associated with pyramids, mummies, and hieroglyphs, ancient Egypt's influence extended far beyond these iconic symbols. Recent research suggests that the pharaohs and their engineers may have unknowingly pioneered concepts crucial to the modern science of ergonomics, the study of designing objects and systems to fit the human body and optimize its capabilities.



<https://carrymeaway.com/babywearing-through-the-ages> [9]

**Figure 1.** Back baby carriers in ancient Egypt [9].

### 3.7. Early Evidence of Ergonomic Principles

**Ramp Design:** The gradual inclines of pyramid structures, initially thought to be purely symbolic pathways for the pharaoh's soul, might have served a practical purpose. Studies suggest the angles facilitated efficient in clothing formations and ergonomic functions in including children in mothers' clothing transportation, minimizing strain on workers. This aligns with ergonomic principles of minimizing awkward postures and maximizing leverage.

**Tool Design:** Analysis of tools used by artisans and laborers reveals designs that seemingly fit comfortably in the hand, such as type of fabric and clothing materials and ergonomic functions with handles with balanced weight distribution [13]. These features, though seemingly intuitive, demonstrate an understanding of how to reduce fatigue and injury, core principles of ergonomics [4, 5, 12].

**Ergonomics clothing design and functionality:** While comfort could have been a factor, these features echo modern ergonomic recommendations for spinal health.

**Beyond Mere Coincidence?**

Attributing these design elements solely to ergonomics might be an oversimplification. Cultural norms, artistic preferences, and material limitations undoubtedly played a role. However, the recurring presence of design features that align with ergonomic principles across various aspects of Egyptian life is intriguing. It is possible that through trial and error, observation, and perhaps even an inherent understanding of human biomechanics, the Egyptians stumbled upon design solutions that unknowingly aligned with ergonomic principles.

### 3.8. Challenges and the Need for Further Research

1. Limited Concrete Evidence: Much of our understanding of ancient Egyptian life comes from
2. Difficulties in Intent Attribution: It is challenging to definitively determine whether ergonomic principles were intentionally applied or emerged organically. More in-depth analysis of tools Ergonomics clothing design and functionality, furniture, and skeletal remains of workers could offer clues.



3. Cultural Specificity: Ergonomic principles are context-dependent, and what worked for the Egyptians might not translate directly to modern applications. Understanding their cultural norms and work practices is crucial for accurate interpretation.

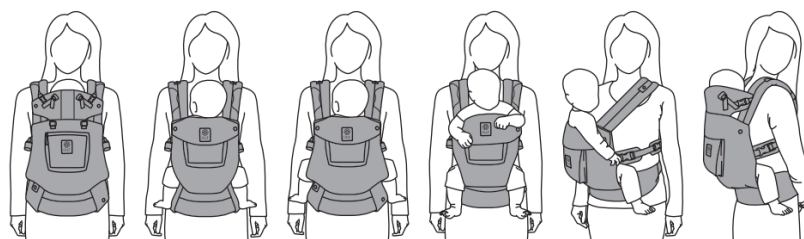
### 3.9. Research Insights

1. Back baby carriers in ancient Egypt, we can see it in recent generations in modern countries.
2. A study published in many journals found that back carrying resulted in decreased maternal shoulder pain and fatigue compared to front carrying.
3. Research in "Early childhood development and care" suggests that back carrying may have a calming effect on fussy infants, potentially reducing cortisol levels.
4. However, a study in "Developmental medicine and child neurology" highlights the importance of ensuring proper head and neck support during back carrying to

prevent positional plagiocephaly (flat head syndrome).

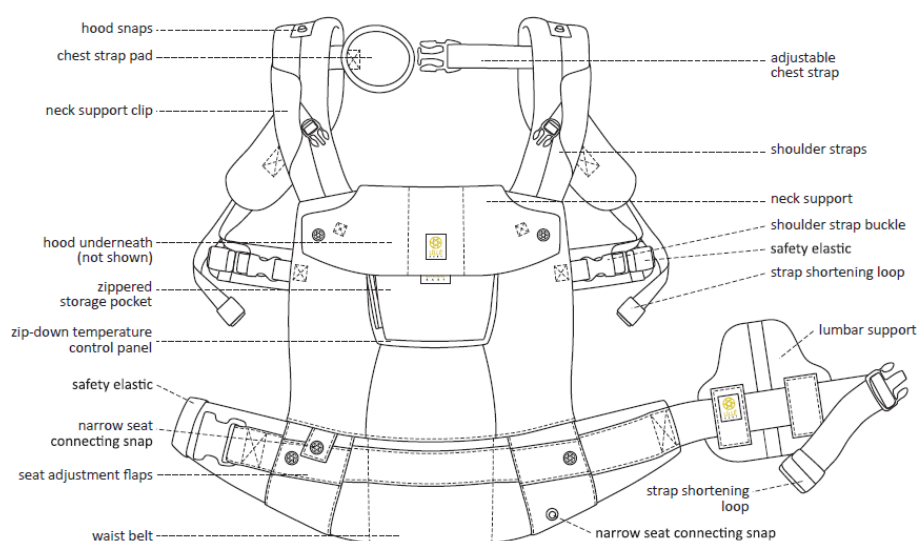
There are two main types of baby carriers that can be worn on the mother's back: backpacks and Mobility carrying. Backpack carriers are a popular choice for back carrying, as they are easy to use and provide good support for both the baby and the wearer. They typically have padded shoulder straps and a wide waistband, which help to distribute the weight of the baby evenly. Many backpack carriers also have adjustable features, so you can find a comfortable fit for both you and your baby as a basic knowledge of ancient Egypt [6, 7].

Mobility carrying is a type of soft-structured carrier that can be worn in a variety of positions, including on the back. They are made of wide bands of fabric that tie around the wearer's body and support the baby as a basic knowledge of ancient Egypt. Mobility carrying can be a good choice for parents who want a versatile carrier that can be used from birth to toddlerhood [10, 11]. However, they can be a bit more challenging to learn to use than backpack carriers.



**Figure 2.** 6 Position Baby Carriers as a basic knowledge of ancient Egypt.

- A. Front fetal position carry [8]
- B. Front Infant Carry
- C. Front Outward-Facing Carry
- D. Front Inward-Facing Carry: with Parallel "H" Straps, with Crossed "X" Straps
- E. Hip Carry
- F. Back Carry



**Figure 3.** Design baby carriers as a basic knowledge of ancient Egypt [8].

## 4. Conclusion

Discover use linen back baby carriers in ancient Egypt, while the pharaohs might have consciously pursued ergonomics as a defined science, their civilization's achievements in design and engineering hint at an implicit understanding of how to design for the human body. Further research delving into the practical context, cultural influences, and biomechanical considerations behind these design choices could shed light on an underappreciated aspect of Egyptian ingenuity and its potential influence on later ergonomic advancements. While back carrying offers potential benefits for mothers and babies, safety and developmental considerations are paramount, certified babywearing is crucial before back carrying, especially for younger infants. Design baby carriers as a basic knowledge of ancient Egypt, with proper knowledge, appropriate carriers, and attentive monitoring, back carrying can be a safe and enjoyable way to nurture closeness and promote well-being for both mother and child as Documentary and digital heritage (the archives and objects deposited in libraries, including digital archives), which gives Egypt the right to intellectual property rights for new designs inspired by ancient Egyptian heritage.

While backpacking offers potential benefits for mothers and babies, safety and developmental considerations are paramount. Approved babywearing is crucial before backpacking, especially for younger infants. Backpacking is a safe and fun way to promote closeness and promote well-being. For both mother and child as documentary and digital heritage,

- 1) What we seek is to maximize the work on opening production lines of this Egyptian quality using Egyptian raw materials, suitable for local production and export.
- 2) Studying and teaching these types in specialized scientific colleges to identify the various aspects of design, including: health, social, cultural, economic and historical.
- 3) Documenting this quality with an original Egyptian "Brand" brand and authentic Egyptian Pharaoh.

## 5. Further Research

More research is needed to explore the long-term impact of back carrying on infant development and parent-child bonding.

Studies investigating the optimal duration and frequency of back carries for different age groups would be valuable.

Research exploring the cultural variations and historical perspectives of back carrying could provide deeper insights into the practice's evolution and significance.

This research paper explores a speculative topic based on limited evidence. Further research and discoveries may refine or modify the presented perspectives.

This paper provides a foundation for further exploration. You can enhance it by including specific findings from relevant archaeological studies, artistic interpretations, and any available historical accounts that mention childcare practices in ancient Egypt. Remember to cite your sources appropriately and tailor the research direction based on your specific interests and access to resources.

## Carrying on the Back

Babywearing on the mother's back, Babywearing, the practice of carrying an infant or young child close to the body.

## Author Contributions

El Sayed Ahmed Elnashar is the sole author. The author read and approved the final manuscript.

## Conflicts of Interest

The authors declare no conflicts of interest.

## References

- [1] Atthawuttikul, A., & Chavalkul, Y. (2018). The effect of form factors of shock absorption Mat's subunits on attenuation of force from elderly's fall. *The Open Construction and Building Technology Journal*, 2018(12), 350-361.
- [2] Cirelli, L. K., Wan, S. J., & Trainor, L. J. (2014). Fourteen-month-old infants use interpersonal synchrony as a cue to direct helpfulness. *Philosophical Transactions of the Royal Society B: Biological Sciences*, 369(1658), 1-8.
- [3] Elsayed A. Elnashar (2021) Infants clothes in health care of pediatric by materials and antimicrobial treatments, *Journal of Neonatal and Pediatric*.  
<https://www.omicsonline.org/open-access-pdfs/infants-clothes-in-health-care-of-pediatric-by-materials-and-antimicrobial-treatments.pdf>
- [4] Andersson, V. (2019). *5 types of baby carriers – which one is right for your baby?* Retrieved May 6, 2020, from [http://whatbabieslove.com/types-of-baby-carriers/#1\\_Stretchy\\_Wrap](http://whatbabieslove.com/types-of-baby-carriers/#1_Stretchy_Wrap)
- [5] Jones, M. (2017). *Baby carriers—and ancient tool adapted to modern times—offer parents a way to bond with their child and express their individuality*. Retrieved May 1, 2020, from <https://www.sapiens.org/culture/babywearing-culture-mainstream/>
- [6] Fista, B., Widyanti, A., Muslim, K., & Salma, S. A. (2019, August). Evaluation of Baby Carriers in Indonesia: Physiological and Biomechanical Approach. *IOP Conference Series: Materials Science and Engineering*, 598(1), 1-6.

- [7] Bleah, D. A., & Ellett, M. L. (2010). Infant crying among recent African immigrants. *Health Care for Women International*, 31(7), 652-663.
- [8] LILLE BABY Complete™, Instruction Manual, 6 Position Baby Carriers. Available from: [https://myturn-prod-attachments.s3.amazonaws.com/3/1743/item/429032/file\\_attachment/COMPLETE%20Manual-4C6351AB-90B4-948A-828C-164BBB2425F0.pdf](https://myturn-prod-attachments.s3.amazonaws.com/3/1743/item/429032/file_attachment/COMPLETE%20Manual-4C6351AB-90B4-948A-828C-164BBB2425F0.pdf) [Accessed 6 January 2024].
- [9] Carry me Away (2024) "Babywearing through the Ages", Available from: <https://carrymeaway.com/babywearing-through-the-ages> [Accessed 6 January 2024].
- [10] B Fista, A Widyanti, K Muslim and S A Salma (2019): "Evaluation of Baby Carriers in Indonesia: Physiological and Biomechanical Approach". Annual Conference on Industrial and System Engineering (ACISE) 2019,, OP Conf. Series: Materials Science and Engineering 598 (2019) 012113IOP Publishing <https://doi.org/10.1088/1757-899X/598/1/012113>
- [11] Ariya Atthawuttikul, Sorat Khongkharat (2021)"Factors in Ergonomic Design of 6-to-18-month Baby Carriers for Elderly People", *Pertanika J. Sci. & Technol.* 29(2): 1097 - 1108 (2021)
- [12] Baby Best by in Thailand. (2020). Top three models for baby carriers. Retrieved May 1, 2020, from <https://www.babybestbuy.in.th/shop/>
- [13] Ghaidaa Khalid Alshareif (2019). "Ergonomics of Baby Carrier" Publisher EFFAT UNIVERSITY, <https://repository.effatuniversity.edu.sa/handle/20.500.14131/1095>
- [14] Hae-Kwang Parka, Hwa-Kyung Shin, Ki-Seok Nam (2020): "Investigation of wearing methods of a baby carrier on muscle activation during trunk flexion-extension in healthy women" *Phys Ther Rehabil Sci*, 2020, 9(1), 36-42, [www.jpjtr.org](http://www.jpjtr.org)
- [15] Philippe de Montebello (2008) The Metropolitan Museum of Art, The Art of EGYPT Ancient" ARESOURCE FOR EDUCATORS, The Metropolitan Museum of Art.