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Red Carpet For Babywearing Workshops



Welcome to the world of babywearing, where style and functionality meet to create a red carpet experience for both you and your little one. Imagine strutting your stuff, feeling like a celebrity as you confidently navigate through your daily activities with your baby snuggled close to you.

In these exclusive workshops, you will learn the art of babywearing in a way that is safe, comfortable, and oh-so-fashionable.

Picture yourself walking into a room filled with like-minded parents who share your desire for connection and belonging. As you take your seat, surrounded by other eager participants, there is an instant sense of camaraderie and support. The air is buzzing with anticipation as you prepare to uncover the secrets of babywearing together. This is not just another workshop; it's an opportunity to join a community of parents who understand the importance of keeping their babies close while embracing their own personal style.

In these workshops, we will delve into the benefits of babywearing, exploring techniques that ensure both safety and comfort for you and your little one. You will discover different types of carriers available in today's market and learn how to choose the perfect one for your unique lifestyle. From fashion tips that elevate your babywearing game to practical advice on breastfeeding on the go or engaging in outdoor activities while wearing your child - we've got it all covered.

So get ready to walk this red carpet journey hand-in-hand with fellow parents who are just as passionate about creating special moments with their babies as you are. It's time to embrace the world of babywearing in all its glamorous glory because when it comes to parenting, feeling like a star should be part of every day!

Benefits of Babywearing

Babywearing offers a multitude of advantages, allowing you to keep your little one close while still having your hands free for all the multitasking superhero tasks that come with parenthood. It's like having an extra set of arms, providing the perfect solution for busy parents who want to bond with their baby while getting things done.

The benefits of babywearing are numerous - from promoting secure attachment and enhancing emotional development to facilitating breastfeeding and soothing fussy babies.

When you wear your baby, you create a nurturing environment where they feel safe and secure. The closeness promotes bonding, which is vital for their overall well-being. Additionally, being carried in a carrier or wrap can help regulate your baby's body temperature and heart rate, leading to better sleep patterns. It also allows them to observe the world from your perspective, stimulating their cognitive development as they take in new sights and sounds.

Now let's transition into techniques for safe and comfortable babywearing without missing a beat.

Techniques for Safe and Comfortable Babywearing

With a gentle sway and snug embrace, you can master the art of keeping your little one close and content through the magic of safe and comfortable baby wearing techniques. Babywearing not only allows for bonding between parent and child but also provides numerous benefits such as promoting secure attachment, reducing colic symptoms, and supporting breastfeeding.

To ensure the safety of your baby while babywearing, it's important to follow some key tips. Firstly, always check that your carrier is in good condition and properly adjusted before placing your baby in it. Double-check the buckles, straps, and fabric to make sure everything is secure.

Next, familiarize yourself with different babywearing positions that suit both you and your little one's comfort. The most common positions include front carry (facing inward or outward), hip carry, and back carry. Each position has its own advantages depending on your child's age and developmental stage. Remember to keep their airway clear by ensuring their chin is off their chest at all times.

Lastly, listen to cues from your baby - if they seem uncomfortable or distressed in any way during babywearing, adjust their position or take them out of the carrier immediately.

Transitioning into the subsequent section about different types of baby carriers...

Different Types of Baby Carriers

There are various types of baby carriers available, each offering unique features and benefits for both parent and child. From the classic wrap carrier to the versatile sling carrier, there is a wide range of options to choose from.

The different types of baby carriers not only provide a convenient way to carry your little one but also offer numerous benefits for both you and your baby.

One type of baby carrier is the wrap carrier, which consists of a long piece of fabric that is wrapped around your body and tied in various ways to secure your baby. This type of carrier provides excellent support for both newborns and older babies, as it distributes the weight evenly across your shoulders and back.

Another popular option is the soft-structured carrier, which has padded shoulder straps and a waistband for added comfort. These carriers often have adjustable settings that allow you to customize the fit according to your preference.

Additionally, there are ring slings, which are made from a long piece of fabric with two rings attached at one end. The rings can be adjusted to create a snug fit, making it easy to breastfeed

discreetly while keeping your baby close.

Now that you're familiar with the different types of baby carriers and their benefits, let's explore how to choose the right one for your lifestyle without feeling overwhelmed by all the options available.

How to Choose the Right Baby Carrier for Your Lifestyle

Consider your daily activities, whether it's strolling through a bustling city or hiking along picturesque trails, and imagine how effortlessly you can navigate with your little one comfortably nestled in a baby carrier that suits your lifestyle.

When choosing the right baby carrier for your lifestyle, there are two essential factors to consider: baby carrier safety and choosing the right fabric.

Firstly, ensuring the safety of your baby is of utmost importance. Look for carriers that have been tested and certified by recognized organizations for their safety standards. Check if they have proper padding and support to keep your baby secure and comfortable. Additionally, adjustable straps and buckles allow you to customize the fit according to your body shape, ensuring optimal weight distribution. Remember to always follow the manufacturer's guidelines when using a baby carrier.

Secondly, consider the fabric of the carrier. The fabric should be breathable and gentle on both yours and your baby's skin. Opt for natural materials such as cotton or linen that provide good airflow to prevent overheating. These fabrics are also easy to clean, which is an added bonus considering babies tend to make messes! Choose a fabric that suits your climate - lighter fabrics for warmer weather and thicker ones for colder climates.

With these considerations in mind, you can confidently select a baby carrier that aligns with your lifestyle needs while keeping your little one safe and comfortable.

Now let's move on to fashion tips for babywearing without missing a beat!

Fashion Tips for Babywearing

One popular fashion tip for parents who babywear is to incorporate their carrier into their everyday outfits, allowing them to stay stylish and on-trend while keeping their little one close.

Fashion trends are constantly evolving, and babywearing has become a part of this ever-changing landscape. By choosing a carrier that complements your personal style, you can create fashionable looks that make you feel confident and put-together.

For example, you can opt for a sleek and minimalist carrier that pairs well with your favorite jeans and a casual blouse for an effortlessly chic ensemble. Alternatively, if you're feeling bold, you can experiment with vibrant patterns or colors to add a pop of excitement to your outfit.

Styling hacks also play a significant role in fashion-forward babywearing. One clever trick is to accessorize your carrier with scarves or statement jewelry to elevate the overall look. A colorful scarf tied around the waist or draped over the shoulder adds an extra touch of flair while providing versatility in adjusting the fit of the carrier.

Another styling hack is layering; pair your carrier with a trendy jacket or cardigan for added warmth and style during colder months. By staying updated on fashion trends and incorporating these simple yet effective hacks into your babywearing wardrobe, you can confidently rock any outfit while keeping your little one snuggled up close.

Transitioning seamlessly into tips for babywearing while traveling, it's essential to consider practicality without sacrificing style when exploring new destinations with your little explorer in tow...

Tips for Babywearing While Traveling

Get ready to embark on unforgettable adventures with your little one by learning essential tips for babywearing while traveling. Whether you're flying to a far-off destination or navigating through crowded spaces, babywearing can provide you with the freedom and convenience you need.

When it comes to babywearing while flying, make sure to check the airline's policies beforehand and choose a carrier that's comfortable for both you and your baby. Opt for carriers that're easy to put on and take off, as this'll make going through airport security a breeze. Additionally, consider using a wrap or sling-style carrier that allows for discreet breastfeeding during the flight.

When it comes to babywearing in crowded spaces, such as busy markets or tourist attractions, there are a few things to keep in mind. First, choose a carrier that provides proper support for your baby's neck and spine, ensuring their safety and comfort amidst the hustle and bustle. Secondly, be mindful of your surroundings and avoid bumping into people or objects while moving around. Lastly, dress yourself and your baby in breathable fabrics to stay cool in crowded areas.

Now that you're equipped with these tips for traveling while babywearing, let's dive into the next section about how babywearing can enhance bonding and development without missing a beat!

Babywearing for Bonding and Development

When you wear your baby, it's like carrying a little piece of your heart with you wherever you go. Babywearing allows you to have constant physical contact with your little one, creating a strong bond through touch.

The benefits of skin to skin contact are immense and can greatly contribute to your baby's development. Through babywearing, you can experience the joy of feeling your baby close to your body, hearing their heartbeat, and watching them explore the world from the safety of your embrace.

Skin to skin contact has been shown to regulate a baby's temperature, heart rate, and breathing while also promoting healthy weight gain and improved sleep patterns. It can even help reduce colic and fussiness in infants.

Incorporating babywearing into your daily routine not only strengthens the bond between parent and child but also provides numerous developmental advantages for your little one. As they are held close to you throughout the day, they feel secure and loved which promotes emotional well-being. Additionally, being able to observe their surroundings from an elevated perspective encourages cognitive development as they take in new sights and sounds.

By wearing your baby in a comfortable carrier or wrap, you create opportunities for connection that go beyond just physical closeness. The next section will delve into how babywearing can empower parents by providing them with hands-free parenting solutions without compromising on intimacy or bonding time with their child.

Babywearing for Hands-Free Parenting

Now that you understand how babywearing can strengthen the bond between you and your little one, let's delve into another amazing benefit: hands-free parenting. As a parent, there are countless tasks and responsibilities that demand your attention throughout the day. From cooking meals to doing laundry to simply getting from one place to another, it can often feel like there just aren't enough hours in the day. But fear not! With babywearing, you can conquer these daily challenges with ease while keeping your precious bundle of joy close.

Imagine having the freedom to move about without sacrificing the closeness and connection you share with your baby. That's exactly what hands-free babywearing offers. By using trendy babywearing styles like wraps or carriers, you can keep your little one snuggled up against you while still having both hands free to tackle whatever tasks lie ahead.

Whether it's running errands, taking a walk in the park, or attending social events—babywearing allows you to navigate through life effortlessly while providing comfort and security for your child. So go ahead, embrace this modern parenting trend that not only keeps both of you happy but

also stylishly connected.

As we explore further into the world of babywearing, we'll now shift our focus towards how different seasons and weather conditions can impact this practice. Despite changing temperatures or unpredictable weather patterns, rest assured that there is a perfect solution for every situation when it comes to carrying your little one close.

So let's dive into this next section and discover the secrets of adapting babywearing techniques seamlessly as Mother Nature presents her ever-changing backdrop.

Babywearing in Different Seasons and Weather Conditions

Imagine the freedom of effortlessly embracing babywearing in any season or weather condition, keeping your little one close and secure while conquering the ever-changing elements. Babywearing is not limited to fair weather; it can be enjoyed all year round!

Whether you're braving scorching summers or chilly winters, babywearing allows you to adapt and thrive in extreme temperatures. In hot weather, opt for breathable fabrics like linen or cotton that promote air circulation and prevent overheating. For colder climates, cozy up with layers and choose carriers with built-in insulation to keep both you and your baby warm.

When it comes to rainy weather, don't let a little drizzle dampen your spirits! Babywearing can still be a go-to option even when it's pouring outside. Invest in a carrier made from water-resistant materials that will shield your little one from raindrops while keeping them snug against your chest. Additionally, consider using an umbrella or wearing a raincoat with a hood to provide extra protection for both of you.

- Choose breathable fabrics like linen or cotton for hot weather.
- Layer up and use carriers with built-in insulation for cold climates.
- Opt for water-resistant carriers and wear protective gear like umbrellas or raincoats in rainy weather.

Now that you have mastered the art of babywearing in different seasons and weather conditions, let's dive into another exciting aspect: babywearing for breastfeeding on the go!

Babywearing for Breastfeeding on the Go

Embrace the convenience of nursing your little one while on the move with the ease and comfort of keeping them close in a baby carrier. Breastfeeding on the go can be a breeze with a few helpful tips and the right nursing positions.

Whether you're running errands or enjoying a day out, having your baby in a carrier allows for discreet and convenient breastfeeding whenever your little one needs it.

Finding the best nursing position is key to ensuring both you and your baby are comfortable during feeding sessions. The cradle hold or football hold are popular choices for breastfeeding while babywearing. Experiment with different positions to find what works best for you and your baby's unique needs. Remember to always support your breast as you guide it towards their mouth, ensuring a proper latch for optimal feeding.

Transitioning into the subsequent section about 'babywearing for active parents - exercise and outdoor activities', let's explore how wearing your baby can enhance not only bonding but also fitness routines and adventures outdoors.

Babywearing for Active Parents - Exercise and Outdoor Activities

Get ready to take your fitness routine to new heights and explore the great outdoors while keeping your little one close and secure in a baby carrier. With babywearing, you can incorporate your child into your exercise routines, whether it's going for a jog, hiking up a trail, or even doing yoga in the park. Not only does this allow you to bond with your baby while staying active, but it also provides them with sensory stimulation and a firsthand experience of the world around them.

To make the most out of your babywearing exercise sessions, here are some safety precautions to keep in mind:

- Start slow: Begin with shorter durations and low-intensity exercises to give both yourself and your baby time to adjust.
- Choose the right carrier: Opt for carriers that provide proper support for both you and your little one during physical activity.
- Check positioning: Ensure that your baby is positioned correctly in the carrier with their airways clear and chin off their chest.
- Stay hydrated: Remember to drink plenty of water before, during, and after exercising to stay hydrated for yourself and supply milk if breastfeeding.

Incorporating exercise into your routine while keeping your baby close can be an empowering experience for both you and your little one. It allows you to set an example of leading an active lifestyle while nurturing their curiosity about the world around them.

As we move on to discussing 'babywearing for dads and partners,' let's explore how fathers and

partners can also benefit from bonding with their babies through wearing them.

Babywearing for Dads and Partners

Don't miss out on the chance to level up your parenting game with babywearing for dads and partners, because who needs expensive therapy sessions when you can wear your baby and look effortlessly cool at the same time? Babywearing is not just for moms anymore! Dads and partners can also embrace this trend and experience the joy of bonding with their little ones while keeping their hands free.

Babywearing fashion trends have evolved to include styles that cater specifically to dads and partners. Gone are the days of plain, utilitarian carriers. Now, you can find baby carriers in sleek designs, bold colors, and patterns that exude confidence and style. From camouflage prints to leather accents, there are options that will make any dad or partner feel like a fashion-forward superhero while caring for their child.

And it's not just about looking good – babywearing for dads and partners also provides an opportunity for grandparents to get involved. Imagine how heartwarming it would be for your parents or in-laws to witness their grandchild being carried by their own child or spouse. It creates a sense of connection across generations and allows grandparents to actively participate in the care of their grandchild.

So why wait? Grab a stylish carrier, strap on your baby, and join the growing community of dads and partners who have discovered the benefits of babywearing. It's time to show off your parenting skills while staying trendy and comfortable.

And if you're ready for even more resources and support for babywearing parents, keep reading as we delve into all the amazing options available to help you along your journey without missing a beat.

Resources and Support for Babywearing Parents

Ready to elevate your babywearing game? Discover a wealth of resources and support designed specifically for parents like you who are looking to enhance their babywearing experience.

Joining support groups can be an excellent way to connect with other babywearing parents who share similar interests and challenges. These groups provide a platform for sharing tips, tricks, and advice on all aspects of babywearing, from choosing the right carrier to troubleshooting common issues.

Not only will you gain valuable insights from experienced parents, but you'll also find a sense of belonging in this community that understands the joys and struggles of carrying your little one.

In addition to support groups, there is a wide range of babywearing accessories available that can further enhance your experience. From stylish wraps and slings to ergonomic carriers with advanced features, these accessories offer both comfort and convenience.

By incorporating these accessories into your babywearing routine, you can customize it according to your needs and preferences. Whether you're looking for added back support or simply want to add a touch of fashion flair, there's something out there for everyone.

So why wait? Explore the world of resources and support available to babywearing parents today, and embark on a journey towards an even more fulfilling bonding experience with your little one.

Frequently Asked Questions

Are there any age or weight restrictions for babywearing?

Are you curious about the age and weight restrictions for babywearing? Well, here's an interesting statistic that will paint a vivid picture in your mind: did you know that babies double their birth weight by the time they're just five months old?

Now, let's dive into the heart of your question. When it comes to age restrictions, babywearing can generally be done from infancy until toddlers reach around 4 years old. However, it's important to note that different carriers have specific guidelines, so always refer to the manufacturer's recommendations to ensure your child's safety.

As for weight restrictions, most carriers are designed to support weights ranging from 7 pounds up to 45 pounds. Again, check the manufacturer's guidelines for specific details on weight limits.

So whether you have a tiny newborn or a growing toddler, there's likely a baby carrier out there that'll suit your needs perfectly and keep both you and your little one comfortable and secure.

Can babywearing help with postpartum depression?

Babywearing is not only a practical way to keep your little one close, but it can also have significant benefits for your mental well-being.

One of the ways babywearing can help with postpartum depression is by promoting bonding between you and your baby. When you wear your baby, you create an intimate space where you can feel their warmth against your body and hear their steady heartbeat. This physical closeness releases oxytocin, often referred to as the 'love hormone,' which can help reduce feelings of anxiety and stress while increasing feelings of love and attachment.

Additionally, babywearing allows you to be more responsive to your baby's needs, making it easier to soothe them when they're upset or in need of comfort. By being physically connected through babywearing, you're able to better understand and meet your little one's needs, fostering a deeper connection between the two of you.

So not only does babywearing provide practical benefits like freeing up your hands and allowing for easy breastfeeding, but it can also be a powerful tool in combating postpartum depression and strengthening the bond between you and your precious bundle of joy.

Is it safe to wear my baby while cooking or doing household chores?

Imagine yourself as a graceful conductor, effortlessly orchestrating the symphony of your daily routine while cradling your little one close to your heart. Yes, it's not only safe but also incredibly beneficial to wear your baby while cooking or doing household chores.

Babywearing while exercising allows you to move freely and accomplish tasks with ease, all the while strengthening the bond between you and your precious bundle of joy. The benefits of babywearing for bonding are immeasurable; it creates a sense of security and closeness for both you and your baby, fostering a deep connection that will undoubtedly last a lifetime.

So go ahead, embrace this beautiful practice and let it become an integral part of your journey through motherhood. You're not alone in this adventure; there's a community waiting to welcome you with open arms on this red carpet for babywearing workshops where you can learn more about the wonders of wearing your baby in style.

How can I ensure proper positioning and support while babywearing?

To ensure proper positioning and support while babywearing, there are a few key things you should keep in mind.

First and foremost, choosing the right carrier is essential. Look for one that offers adequate head and neck support for your little one, as their safety and comfort should always be the top priority.

Additionally, consider the benefits of babywearing - not only does it allow you to have your hands free to tackle household chores or cooking, but it also promotes bonding between you and your baby.

When putting on the carrier, make sure it fits snugly against your body and that your baby's face is visible at all times. Adjust the straps accordingly to distribute weight evenly across your shoulders and back, preventing any strain or discomfort.

By following these guidelines, you can confidently navigate through daily tasks while enjoying the closeness that babywearing brings.

Are there any specific babywearing techniques for newborns?

When it comes to newborn baby wearing techniques, you'll be amazed at the incredible benefits it brings for bonding with your little one.

Let me tell you, these techniques are like magic spells that create an unbreakable connection between you and your baby.

Picture this: as you gently wrap your precious bundle in a cozy carrier, their tiny body snug against yours, you'll feel an indescribable closeness that words can't do justice.

The beauty of babywearing lies not only in the physical support it provides but also in the emotional bond it fosters.

It's like a secret language between parent and child, a dance of love and security that transcends all boundaries.

So embrace these newborn baby wearing techniques with open arms, my friend, and let the enchanting journey of parenthood unfold before your eyes.

Conclusion

In conclusion, babywearing isn't just a convenient way to carry your little one, but it also comes with a myriad of benefits. It promotes bonding and attachment and allows you to have hands-free moments while keeping your baby close. This practice has become increasingly popular among parents.

By learning the techniques for safe and comfortable babywearing and exploring the different types of carriers available, you can find the perfect fit for your lifestyle.

With so many options out there, choosing the right baby carrier may seem overwhelming. However, by considering factors such as your daily activities and personal style preferences, you can select a carrier that seamlessly integrates into your routine. Whether you're a fashion-forward parent looking for trendy designs or an active parent wanting to continue exercising or enjoying outdoor activities with ease, there is a carrier that suits every need.

So why wait? Embrace the red carpet of babywearing workshops and discover a whole new world of convenience and closeness with your little one.

The journey of parenthood is filled with precious moments that pass by all too quickly. With babywearing, you can savor each moment while confidently navigating through life's adventures together. So go ahead, join the growing community of babywearing parents who've found

comfort and joy in this beautiful practice—it's time to step onto the red carpet!

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