

# BABYWEARING MATTERS

CARRYING IS NORMAL

## BABIES



Improved Attachment/Bonding (via the hormone oxytocin)

Vital for normal emotional development and future stable mental health

Improves health in special care units

Improves physiological regulation



Reduces flat head, promotes healthy hips

Better sleep, less crying



Fewer ear infections

Improves breastfeeding relationship

Increases self-confidence

## FAMILIES



Improved Attachment/Bonding (via the hormone oxytocin)



Builds loving family bonds and encourages shared support

Improves confidence in parenting skills



Reduces postnatal depression and anxiety

Easier to care for other children

Hands free

Easier multitasking



Greater freedom to get around

Social circle

Babies thrive when they are carried, and families flourish.

Get help at

[www.slingpages.co.uk](http://www.slingpages.co.uk)

and

[www.theupproject.org.uk](http://www.theupproject.org.uk)

Read more in the Why Babywearing Matters book

Rosie Knowles

Sheffield Sling Surgery

