

SIX REASONS TO USE A BABY CARRIER

BUILDING SECURE ATTACHMENT

Babies thrive on loving, responsive parenting. Secure attachments form when their needs are consistently met. Carrying helps parents to bond with their babies and the whole family benefits from feeling connected.

CONVENIENCE

Using a sling can make life easier. You can get on with the business of daily life while still keeping your child close. Babies can sleep or be fed in carriers (with appropriate safety measures). Public transport is easier without a buggy and crowds can be navigated with less stress.

REDUCED CRYING

Babies who are carried tend to cry less as their cues are recognised more quickly. They often sleep better in a sling as they feel safe and secure. Gentle motion calms an upset child, and being held upright can help relieve the symptoms of reflux. A sling can make colic more manageable.

HEALTH BENEFITS

Skin to skin contact regulates heart rate, breathing and temperature, and helps breastfeeding to establish. Many hospitals now use 'kangaroo care' for premature babies. Carriers with broad bases can help to correct hip dysplasia and being held upright can reduce 'flat head syndrome'. A well fitting, comfy sling can help your posture and encourage more exercise.

REDUCING POSTNATAL DEPRESSION

The oxytocin released during close contact helps to reduce stress, increase bonding and can lift the spirits. Being able to carry your child easily will allow you to get out of the house to places you love, to be part of the outside world and with other people who can support you. (Please do seek help if you think you may have postnatal depression).

COPING WITH PRESSURE

Keeping one child close gives you your hands back to be able to care for your other children. Slings can be used by the whole family to share the care and allow rest periods. Slings can be invaluable if you have multiple children or if you are caring for sick or disabled children.



**Carrying
Matters**

Your local sling library can be found at
www.slingpages.co.uk

Read "Why Babywearing Matters" by Dr Rosie Knowles or see
www.sheffieldslingsurgery.co.uk/new-to-slings for more