

CARRYING IS NORMAL

SLINGS BRING GOOD THINGS

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

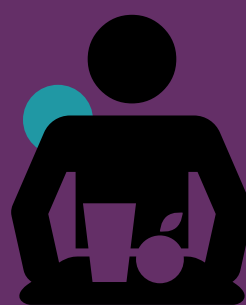


Reduces postnatal
depression and anxiety

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

and

www.theupproject.org.uk

Read more in the Why Babywearing Matters book

Rosie Knowles

Sheffield Sling Surgery

