



Carrying Matters

# CARRYING CAN HELP WITH PERINATAL MOOD DISORDERS

**1 in 7** women have a postnatal mental illness - depression, anxiety or post-traumatic stress disorder

**10%** of fathers will have postnatal depression in the first year

up to **50%** of sufferers are never identified

**50%** risk of recurrence in subsequent pregnancies

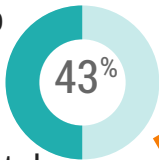
## Carrying can help families survive

Close contact promotes secure attachment, a feeling of safety and connection. This is essential for positive mental health.

**Soft touch releases oxytocin**  
which has multiple positive effects

Soft touch reduces cortisol release which reduces stress and anxiety in both baby and carer (via the HPA axis).

Carrying reduces crying by up to 43%.  
Less crying builds parental confidence for all carers.



Many babies sleep better when held. A safe sling can help promote sleep.

Close contact aids communication, helping carers to recognise cues early.

Slings give carers their hands back, to get on with life, care for other children, shop, etc.

Many parents find a supportive community among fellow sling users, which helps with coping and lifts mood.

Slings can help children transition more easily (eg illness, adoption).

Slings can bring freedom to get out of the house. Movement and activity is good for mental health.



Slings are a low-cost intervention that can make a significant difference to families

Sling libraries help parents use slings and carriers safely

More information at [www.carryingmatters.co.uk](http://www.carryingmatters.co.uk)

Find your local sling library at [www.slingpages.co.uk](http://www.slingpages.co.uk)