

BABYWEARING CAN SUPPORT PERINATAL MENTAL HEALTH

Rates of perinatal mental ill-health are significant among new parents. Up to 50% of sufferers never seek support and there is a 50% risk of recurrence in subsequent pregnancies. Slings can help.

Many birthing parents are affected by perinatal depression and anxiety that often begins during pregnancy

Many non-birthing parents struggle with their mental health too, especially if they have a partner who is unwell

Soft touch, holding, stroking, sight and scent release oxytocin in caregivers

Oxytocin reduces cortisol release and can help reduce stress and anxiety in both baby and caregiver

Holding and gentle movements reduce agitation, bringing calm and reducing stress for both

Close contact promotes secure attachment and bonding, a feeling of safety and connection for both

Carrying aids communication, helping caregivers recognise cues early and respond

Slings give caregivers their hands back to get on with their lives

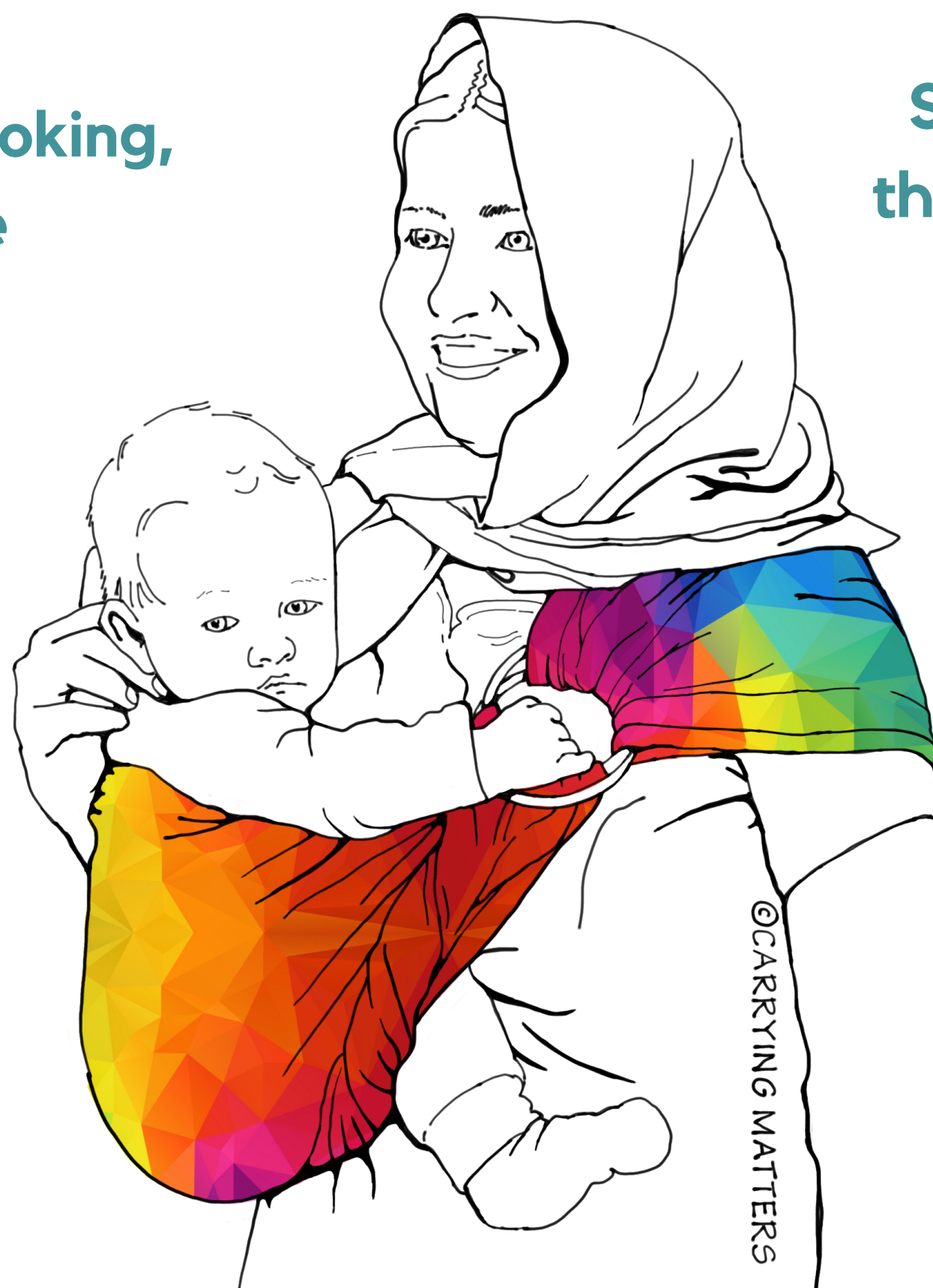
Many babies sleep better when safely held in a sling

Feeling able to calm babies with a sling can build parental confidence

Knowing baby is safe and close can reduce anxiety

Comfy carriers can bring freedom to get out of the house for walks and social activities

Slings can make caregivers feel good too!



Babies cry less when held and carried safely and comfortably

