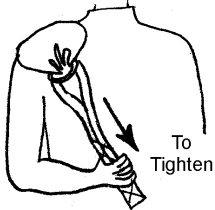


Babies Love to be Carried

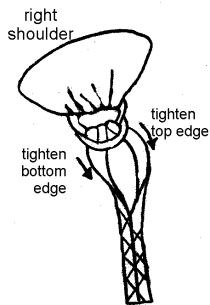
A Sling Makes it Easy

All Holds for newborn to 3 years old:

Practice with the sling when the baby is awake and calm. Babies enjoy moving around after they're in. The shoulder pad can be worn either on top of the shoulder or closer to the neck. Some slings have pads that can also be spread out over the entire shoulder. Shifting the shoulder arrangement can prevent shoulder fatigue during long wear, as can switching from left to right occasionally. However, most people prefer to usually use the right shoulder if right handed.



Tighten by pulling the tail diagonally down and across the wearer's body.



The top and bottom edges can be adjusted separately by pulling just that bit of fabric through the rings where indicated. The sling can be released by pulling up on the bottom-most ring with all four fingertips (of the right hand in this case).

Common Difficulties

1. Wearing the rings too low. With practice you will get a feeling for how high up to start the rings so that they end up in the best spot after tightening. The rings should be where there would be a hollow if you rounded your shoulder.
2. Fabric twisted in the rings. If things are not working smoothly, take the tail out of the rings and lay the sling flat out, wrong side up. Bring the tail up and run it through both rings, then back through one. Spread the fabric out over the rings.
3. Baby too low. Especially with newborns, it is most comfortable to wear the baby higher up on the chest, with top edge snugged in to support the baby's body and head.

You can wear the sling under your coat in the car. When you get out it's easy to lift even a sleeping baby out of the carseat and slip her into the sling. She'll usually just nestle in and drift off again.

Upright Hold

This is a convenient hold for newborns to toddlers. The baby's head is resting on the parent's chest, soothed by heartbeat and voice.

To start, put the sling on loosely adjusted. (Check in the mirror to see that it's on the right way). Pick up the baby and either slide him in through the top, feet first, or in from the bottom, head first.

Another way to start is to hold the baby in your right arm against your chest and put the sling on over both of you with the left hand. Then switch the baby to the left hand and adjust the sling with the right hand.

Tuck the lower edge under the baby's bottom so that his feet and lower legs stick out the bottom. (There is no fabric between you and the baby.) Pull the tail to tighten. The bottom part of the fabric makes a sort of hammock for the baby's bottom, with the lower edge tucked behind his knees. Then pull the bit of fabric through the rings to bring in the top edge. Support a newborn's head with the top edge, and ensure that the fabric is snugly supporting along the length of his back. The newborn's body is facing you (tummy to tummy) with his head often turned to the side.

The older baby wears the top edge under his arms, tight enough to prevent the baby from leaning back too far. Move an older baby over to the side to ride high on your hip.

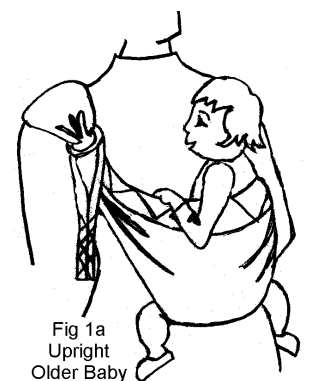
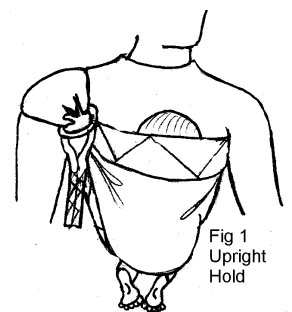
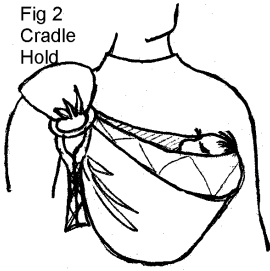


Fig 2
Cradle
Hold



Cradle Pouch

First, put the sling on and tighten the bottom edge so that a pouch is formed with both edges at the top. Slip the baby in tummy up with his head away from the rings. (A newborn may be comfy with his head at the ring side). *Make sure that there is fabric between you and the baby.* Pull the tail to support the baby's body, and adjust the top edge to support the head. It is more comfortable to wear the baby higher up. If the baby tends to 'fold' at the hips, try the Upright Hold (fig 1) instead.

Nursing

From the Upright Hold (fig 1) it is easy to loosen the rings to slacken the fabric a bit, flop the baby over to the side, then tighten up again to bring the baby to breast level. The body position is still tummy to tummy. The top edge can be adjusted to either support the baby's head, or pulled over to cover his head. The sling can support the baby sufficiently to breastfeed while walking, or even while pushing a shopping cart.

Fig 3
Nursing

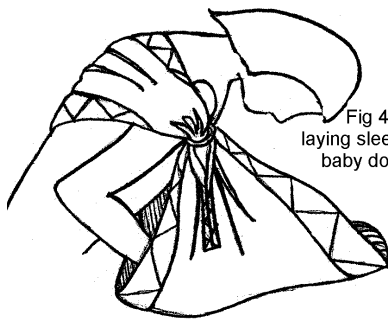
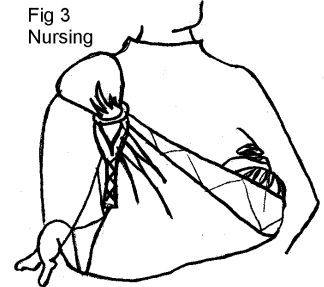


Fig 4
laying sleeping
baby down

Laying Baby Down

A sleeping baby can be lain down with minimum disturbance. Loosen the rings and ease the baby down with the sling still around both of you. When he is fully down, loosen the rings completely and let the tail slide through. Slip yourself out and fold the sling over the baby's body as a cover.

Forward Facing Hold

For babies older than 3 months, with strong head control. Make a pouch, as in Cradle Pouch (fig 2). Tuck in the baby in a cross-legged position, facing away from you. Tighten the top edge so that the baby is secure and can hang on to it while she looks out. This is an alternative position that some babies prefer for a short time around 4 to 7 months old if they resist being held in the Upright Hold.

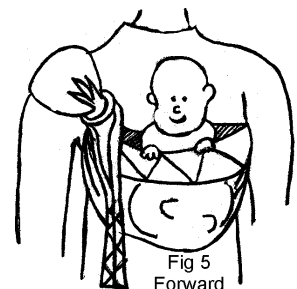


Fig 5
Forward
Facing

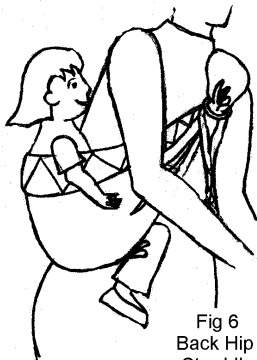


Fig 6
Back Hip
Straddle

Back Hip Straddle

This is a variation of the Upright Older Baby Hold (fig 1a). If you need to do something without baby's hands reaching, shift the baby to straddle the back of your hip. Swing that side's arm over to the front of the baby. *Be aware that the baby's feet may still reach out to the front.* If you are moving the baby back for a short time, don't worry about the rings shifting to the middle of your body. For an extended ride, it is more comfortable to adjust the rings back to their usual position.