

How to Wear Your Unpadded Sling

Please remember that learning to use a baby sling will take time. Practice, patience and persistence will allow you to learn to easily and quickly place your baby comfortably and securely inside your sling.

THREADING YOUR SLING: Your sling is washed, pressed and ready to use! Please don't take your sling apart until you become a knowledgeable user. It is very important to thread the fabric properly through the rings. Lay your sling down with the pocket facing up. Then take the pocket end and spread the fabric out. Take the fabric to the right side of the pocket in your right hand, and the fabric to the left side of the pocket in your left hand. Gather the fabric together, working towards the center, as if you are folding up a fan. When you reach the center, your sling should be all gathered together. Now thread about 1/3 of the fabric up through both rings. Fold the fabric over and loop it back through the bottom ring.

Your sling can be worn on either shoulder. If you would like to wear the sling on your right shoulder switch the lefts and rights in these directions. To wear this sling on your left shoulder: Hold the rings of your sling with your right hand. Be sure the tail is in front of the loop. Put your right arm through the loop and bring the sling over your head. Rest the rings in front of your left shoulder. They should rest on your collarbone, where you would wear a corsage. It's very important that the rings do not move from this spot, no matter what position you are wearing your baby in.

Using your sling with Newborns and Small Infants:



Whenever you place your newborn in your sling, always support your baby's head until the sling has been tightened enough to provide support. The most common position for nursing is when the baby's head is opposite the rings. Depending on his/her length, the legs/thighs may be poking out of the sling on the ring side.

As you nurse, you can completely cover yourself by placing the tail of the sling over your shoulder. Some newborns are happier in a vertical position. Your baby can be carried this way if you tighten the sling enough to support your baby's head. Always wear your sling as snugly as you can comfortably do so.



Nursing/Sleeping Position:

Open the pouch of the sling and carefully set your baby inside. While you support your baby's weight and head, pull on the tail to tighten one side of the pouch and pulling on the other side of the tail to tighten the other side of the pouch. Once your baby is securely in the sling, start moving around. Babies associate the snugness of the sling with the womb - hence, movement is crucial.

Using your sling with Older Babies and Toddlers:

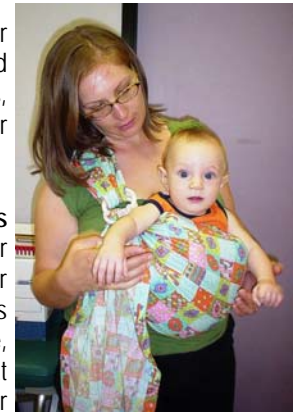
Kangaroo Carry: This position works best with younger babies who have head control (3-9 months, up to 18-20 lbs). Put on your sling and open the pouch as if you were planning to put your baby in lying down. Cross your baby's legs and place your baby in sitting up. While supporting your baby's weight, pull on the tail to tighten the sling.



Hip Carry: This is an excellent position for heavy toddlers (6 months and up) because your hip is used to support your child's weight. Put your child in your sling and rest your child on your hip with your child's legs straddling you. The bottom of the sling should extend out to your child's knees. The top of the sling should come up to your child's arms.

Wearing your baby on your back: Once your baby is securely in the Pouch you may slide the Pouch and baby around to your back. Pay attention to your baby's movements because it is possible to climb out of the Pouch. Bring your child back to the front if he/she is trying to get out. We recommend this position with cooperative babies, age 15+ months.

Washing Instructions Your sling can be machine washed and dried. For best results, wash in cold water and either line-dry or tumble dry on low.



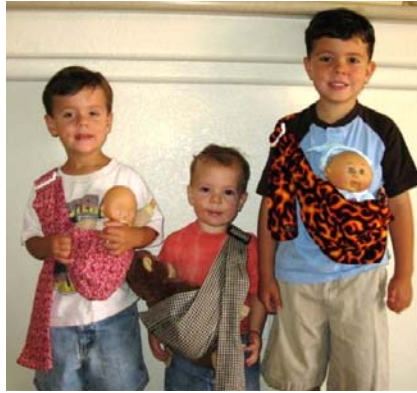
Some really cool things about your sling-

I prefer nylon rings over metal rings or wooden rings. Wooden rings break, and metal rings are, well, metal. Which means that you would have to take your baby out of the sling to go through security checkpoints at the airport or courthouse, and if you leave the sling in the car in the summer, the sling is unusable because of the burning hot metal rings. Nylon rings do not get so burning hot, and each ring is individually tested rigorously, including a 250lb impact test.. I put Velcro® on the slings so I can change the rings from one sling to another. Other advantages of Velcro® is that I never have to listen to the rings banging around my washer and dryer, and when I use the sling at the park or church as a blanket for my baby, I can remove the rings and the baby would not wake himself up by kicking the rings or banging himself. If your sling is not worn correctly, there is a potential safety issue. Always remember the sling is worn with the Velcro-ed flap on the underside at the shoulder with the rings in the "corsage position", so that the Velcro® cannot slip. Every sling of mine has a nice, deep pocket in the tail. Take advantage of it and go shopping or to the park hands free! There is nothing more liberating than not having to use ramps or elevators while out because of a bulky stroller. My information is also sewn in at the bottom of the pocket for a quick reference to people who just have to have a sling too. And last, but certainly not least, you are the owner of a sling that is a one of a kind. I very seldom use the same fabric twice, go out in style with something that is uniquely yours.

Safety Instructions

Safe baby wearing tips. Baby slings have been safely worn by countless moms. However, there are some common-sense guidelines parents should follow to ensure their children's safety:

- In the beginning as you learn to use the sling, support your baby with your hands.
- Do not wear your baby in your sling while you are riding in a moving vehicle. The exceptions are public vehicles such as buses, airplanes, etc. - where the sling is exceptionally useful! The sling is not a substitute for an approved car seat.
- Do not use the baby sling while jogging, running, bicycling, exercising or in any sporting activity where your baby's safety could be compromised.
- Do not use the baby sling while cooking, or close to an open flame, as baby's hands are fast and curious, and baby slings are flammable!
- Toddlers and older babies can grab things while they are riding in the sling. Keep your distance from potential hazards.
- Do not twist suddenly while wearing baby in the sling. As a precaution, practice twisting your upper body as if reaching for something and simultaneously hold you baby with your other arm.
- If you need to stoop down, bend at the knees not the waist. Also, you should hold the baby with one hand while doing this.
- Be careful when going through doorways or narrow hallways. Make sure that your baby does not strike walls, doorjams or other hazards.



- Do not drink hot beverages while wearing your baby but it is OK to eat and to drink cold beverages while you are carrying baby in your sling.
- Please remember that your baby is not tied in. It is possible for a child to climb out of a baby sling, so do not use your sling with an uncooperative child.
- Never have both hands so full that you do not have a hand for the baby in the sling.
- It is your responsibility to use the baby sling safely. Learn more about safe baby wearing through online searches, in books, or from experienced sling wearing mothers.
- Discard and replace your sling immediately if it becomes damaged in any way including, any fraying, the rings become damaged or the Velcro wears out.



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