

Carry Position #1



Tummy-to-Tummy (from birth)

This position is well liked by most babies and can be used from birth. It is a particularly good position to ease symptoms of colic and reflux or when burping after a feed.

1. Put the sling with rings in corsage position
2. Adjust the main body of the sling to the right height – usually just above your navel for Tummy-to-Tummy position
3. Spread the fabric around the rings and loosen the top edge
4. Place your baby high up on your shoulder (in burp position) opposite the rings and be sure to support baby's weight until you are sure he is secure
5. Lower your baby into the sling while supporting his weight and let his feet come out the bottom– small babies may like their feet to stay inside
6. Ensure the pouch is under his bottom like a chair – the fabric should extend to the knees with the bottom lower than the knees
7. Keep baby supported while you pull on the tail to tighten the sling – when pulling the tail ensure that you pull out and down (not straight down) – the rings should be in corsage position
8. Spread the body of the sling across your baby's back and shoulders for support – for young babies, the top edge can come up around the back of the neck or head for complete support
9. If baby is not tight enough against you, pull on the part of the tail that leads to the top edge of the sling – pull out to the side to avoid twisting in the rings
10. For added comfort, pull out the fabric to cup your shoulder
11. To loosen the sling, simply pull up on the bottom ring and let the tail unthread a little – always ensure that you hold your baby's weight securely
12. To get your child out, follow the steps outlined in 'Getting Baby Out' – see page 9.

Cradle Hold (birth to 3 months)

This position is a favourite for sleepy babies and for discreet breastfeeding.

1. Begin in the upright Tummy-to-Tummy position
2. Pull up on bottom ring to loosen the sling – make sure to hold your baby's weight
3. Reach into the sling from the side and gently move your baby to the side so her head is away from the rings – baby's feet and legs can be hanging out of the sling or can be covered up – be sure to only move the baby, not twist the actual sling
4. Once your baby is in position you can pull the tail up for some shade or privacy while breastfeeding – pull on centre of tail to give more support to baby's back and neck area for hands-free breastfeeding
5. Ensure that baby's chin is not touching her chest - you should be able to fit 2 fingers between baby's chin and chest.
6. Always avoid covering baby's airways – baby's nose and mouth should have adequate airflow at all times
7. You can return to an upright Tummy-to-Tummy position by lifting up on the bottom ring to loosen the sling and bring baby back to the upright position – once in position, tighten top edge to bring baby closer towards you
8. To get your baby out, follow the steps outlined in 'Getting Baby Out' – see page 9.

WARNING: The 'Cradle Carry' position should NOT be used with premature babies or babies under 8 pounds, this is because 'Positional Asphyxia' (suffocation) can occur in young babies. Suffocation can happen when a baby's chin is pressed against his chest, restricting airflow. Ensure that there is sufficient air flow around your baby's head and face to prevent suffocation especially when sleeping.

Carry Position #2



Carry Position #3



Kangaroo Carry (3-6 months)

This is a great position for curious babies who have developed good head and neck control but are not yet sitting up and want a view out. It is recommended to use this position when baby is well rested to avoid over stimulation and subsequent fussing.

1. Put the sling with rings in corsage position
2. Adjust the main body of the sling to the right height – usually just above your navel for Kangaroo Carry position
3. Spread the fabric around the rings and loosen the top edge
4. Make a wall of fabric against your body and loosen the top edge of the sling – spread open the pouch to make a deep seat where the baby will sit
5. Hold baby facing out and criss-cross her legs – bottom should be lower than her knees
6. Lower the baby into the pouch, bottom first – be certain that the pouch spreads up behind the baby and in front
7. Tighten the top edge by pulling on that side of the tail that is connected to the top edge
8. To get your baby out, follow the steps outlined in 'Getting Baby Out' – see page 9.

Hip Carry (6+ months)

This position may be used once your baby has developed upper body strength and can sit up unassisted, usually around 6 months.

1. Put the sling with rings in corsage position
2. Adjust the main body of the sling to the right height – usually just above your navel for Hip Carry position
3. Spread the fabric around the rings and loosen the top edge
4. Place your child high up on your shoulder (in burp position) and lower him into the sling, letting his feet come right through
5. Rest your child on your hip with his legs straddling your hip – take care to support his weight while you pull on the tail to tighten the sling – when pulling the tail ensure that you pull out and down (not straight down) – the rings should be in corsage position
6. Ensure the pouch is under his bottom like a chair – the fabric should extend to the knees with the bottom lower than the knees
7. Spread the body of the sling across your child's back so the top edge comes up under his armpits or over his shoulders
8. If your child is not tight enough against you, pull on the part of the tail that leads to the top edge – pull out to the side to avoid twisting in the rings
9. For added comfort, pull out the fabric to cup your shoulder
10. To breastfeed in this position, simply loosen sling to lower baby enough to latch on
11. To loosen the sling, simply pull up on the bottom ring and let the tail unthread a little – always ensure that you hold your baby's weight securely
12. To get your child out, follow the steps outlined in 'Getting Baby Out' – see page 9

Carry Position #4



Carry Position #5



Toddler Back Carry (12+ months)

This position is recommended for children who have started to toddle and have good muscle tone. Only use this position once you are experienced with the sling and only then with a cooperative toddler who is use to riding in the Hip Carry position.

1. Begin in the Hip Carry position with the toddler toward the back of your hip
2. Cover your child's shoulders with the sling – the rings should be high up on your shoulder – even behind your shoulder
3. Lift your arm and put it in front of your toddler while you carefully slide her around to the back
4. Ensure the pouch is under her bottom like a chair – the fabric should extend to the knees with the bottom lower than the knees
5. Adjust the fabric around her shoulders, if not already
6. Ensure that you check that your child is secure by looking in the mirror or having a friend check
7. Pull the tail to tighten the sling - when pulling the tail ensure that you pull out and down (not straight down) – the rings should land either between your breasts or just above them – if you are breastfeeding, take care that the sling does not put pressure on your breasts
8. If your toddler resists this position, take her out immediately by scooting her back to the Hip Carry position – then continue to follow the steps as outlined in 'Getting Baby Out' – see page 9
9. Alternatively, you can squat down and let your toddler out the bottom, ensuring that she does not get tangled in the sling.