

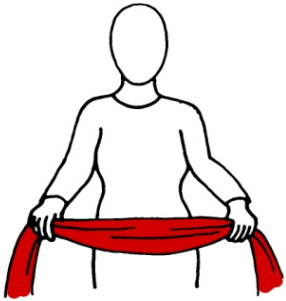
User manual sling

This user manual we show you some possibilities to carry your baby. You can already use the sling directly after the birth of your baby.

While putting on and wearing the sling, take into account the following aspects:

1. Try to avoid any twisting of the bands while putting on the sling. This makes wearing the sling more comfortable;
 2. When putting on the sling: better tightly than loosely;
 3. Make sure you use a double knot. You are responsible for the safety of your baby;
 4. Do not wear the sling during sports;
 5. Always support your baby, while bending forwards;
 6. Make sure that your baby isn't overdressed. After all, the sling provides a layer of extra warmth to your baby. Going outside you can just put your coat over yourself and the baby;
 7. To take your baby out of the sling, simply open the bands and lift your baby out of the sling.
- This is applicable to all methods in this manual.

FOETAL POSITION FROM BIRTH



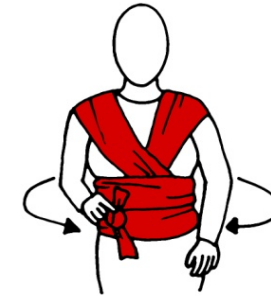
Take the sling somewhere in the middle and hold it in front of your belly. Fold the two ends backwards. Tip: do not grab the complete sling together, but leave a piece 'hanging'. This helps you to prevent the sling from turning.



Cross the two ends over your shoulder, back to the front. Keep the cross on your back as low as possible for an ideal position of weight. Spread the fabric broadly over your shoulders.



Cross the sling before your belly and tuck the ends under the bellyband. If you want your baby's head on the left, make sure you cross right over left.



Bring the ends to the back and wrap them back to the front. Tie a double knot wherever the two ends meet.



Lower the outer cross band from your shoulder. Fold the inner band forming a nest.



Lower your baby from the shoulder into the inner band, while spreading the band somewhat. Place your baby in this band, first the buttocks, then the back, head and legs. Support with your free hand your baby's head. The head from your child is above the breast, the body in between and the legs under your other breast.

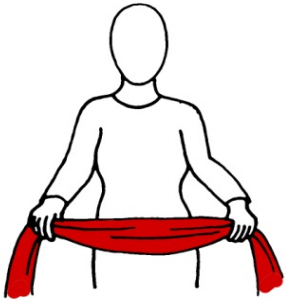


Pull your arm through the band you have lowered. Spread the fabric over your shoulder and over the back and legs from your baby. By turning your baby somewhat to your baby, you can take your baby's arm that is closest to you and place it slightly lower, next to the baby's body.



At last pull the bellyband upwards over your baby. By folding back the band at the height of the head of your baby, your baby can breathe more freely.

SITTING UPRIGHT



Take the sling somewhere in the middle and hold it in front of your belly. Fold the two ends backwards. Tip: do not grab the complete sling together, but leave a piece 'hanging'. This helps you to prevent the sling from turning.



Cross the two ends over your shoulder, back to the front. Keep the cross on your back as low as possible for an ideal position of weight. Spread the fabric broadly over your shoulders.



Cross the sling before your belly and tuck the ends under the bellyband. If you want your baby's head on the left, make sure you cross right over left.



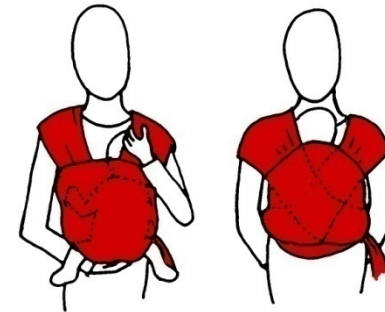
Bring the ends to the back and wrap them back to the front. Tie a double knot wherever the two ends meet.



Lower your shoulderband somewhat. Put your baby high against your shoulder and pull the other shoulderband over your baby's leg. Hold your baby fairly high up, while pulling up the other band over the other leg. Lower your baby in the middle of the cross. Spread the bands down in the back of your baby's knees.

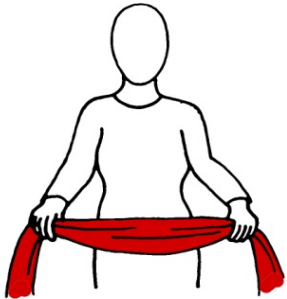


Feel for the belly band and pull (at hip height) over your baby's legs. Pull up your belly band. Make sure you support your baby's neck in the beginning.



When your baby falls asleep, you can support the head with the shoulderband. If the baby's face is turned to the right, use the left shoulderband and the other way around.

SITTING UPRIGHT FROM BIRTH



Take the sling somewhere in the middle and hold it in front of your belly. Leave some space between your belly and the sling. Fold the two ends backwards.



Cross the two ends over your shoulder, back to the front. Keep the cross on your back as low as possible for an ideal position of weight. Spread the fabric broadly over your shoulders.



Form a little pocket in your bellyband and slide your baby into the pocket. TIP: you can also do this while sitting down. When you are more experienced, you will see that you no longer need a chair.



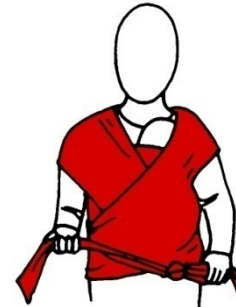
Pull up the bellyband, supporting the neck of your baby.



Cross first one shoulderband over your baby and cross then the other shoulderband to the other side.



Bring the ends to the back and wrap them back to the front. Tie a double knot wherever the two ends meet



Small baby's will have their legs within the sling. You can keep on using this method, when your baby grows older. The legs of your baby will appear under the sling. Make sure the baby is supported by the sling.

>>> Drawings by Linda Rusconi.