

Snug as a Bug Baby Wearing instructions

Threading your sling

Lay your sling down flat. Then take the tail and spread the fabric out. Take the right side of the sling tail in your right hand, and the left side of the sling tail 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. Thread about 1/3 of the fabric up through both rings. Fold the fabric over and loop it back through the bottom ring. The sling is now threaded. The fabric hanging down from the rings is called the "tail".

You want to make sure that the fabric is well spread, in order to slide easily through the rings.

To put on your sling

Hold the rings of the sling with your right hand. Be sure the tail is in front of the sling.

Put your left arm through the loop and bring the sling over your head.

Rest the rings in front of your right shoulder. If you put the rings of the sling on your shoulder or if you put the sling around your neck you will not be as comfortable as with the rings in front of your shoulder

CRADLE HOLD

Is a comfortable and snug position, great for newborns and small babies.

You can also breastfeed in this position.

Wonderful for a sleeping baby, snuggles them in real close.

How to do it:

Hold your baby with your left arm and then using your right hand, pull one side of your sling up against your chest to create a deep pouch.

Open the pouch with your free hand while supporting your baby's head and weight. Then just set your baby in with his/her head on either side. (Bigger babies probably won't be comfortable with their head in the side of the rings.)

Continue to support your baby as you pull the upper rail to tighten the outer part of the pouch and the lower rail to tighten the inner part.



TUMMY TO TUMMY

It's a great position for burping your baby

Promotes closeness and visual contact

For newborns you can pull up the fabric to hold their head

How to do it

Hold your baby on your shoulder as if you were going to burp him.

Spread apart the two layers of fabric to open the pouch and slide your baby down into the pouch. Pull the lower rail up to baby's knees,

and the upper rail up to his neck. If you're using this position with a newborn you should cover his head and tighten the top of the fabric enough to support your baby's head.

Remember tightening rails is simple. Just grab one edge of the fabric, by the rings and give it a tug. Each edge will tighten the sling in a different spot, either up by baby's head or down by the bottom.



KANGAROO CARRY

Great for larger babies, who want to peek out to the world and socialize.

Legs are crossed "indian way". It mimics womb position

Babies love to be able to see what happens

How to do it

Turn your baby so that you're facing his back.

Cross his legs and lift his knees while sliding him down into the pocket.

While supporting your baby's weight, pull the upper rail up to baby's chest. Make sure that there's a layer of fabric between your chest and baby's back

HIP CARRY

This position is ideal for bigger kids with good head control. You'll use it a lot with your older babies.

Mimics arm's natural position to hold a baby, supporting the weight with your shoulder, back and hips.

If your baby falls asleep you can easily bring his/her legs over your front and switch to a modified cradle position. This also works great for breastfeeding.

How to do it

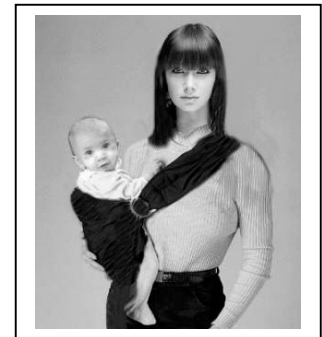
With the baby on your right shoulder, slide his legs down through the two layers of fabric.

Spread open the pouch to create a seat area.

His right leg should be in front of you while his left leg will be behind you.

Pull lower rail up to your baby's knees to make sure he's safely seated in the pocket.

Pull upper rail up to his neck's base (For older babies, the fabric will only go mid-way up the back)



BREASTFEEDING

You can breastfeed so easily and discreetly with your pouch that no one will notice! Once your baby is nursing comfortably use the tail to cover your little one for privacy.

TIPS & TRICKS

Check your shoulder!

You'll find your sling more comfortable and suitable for long periods if you check your ring position before putting your baby in. You want to make sure that:

- Rings should be just in front of your shoulder. Too high, and they will dig in to your shoulder.
- The fabric of the baby carrier is well centered and spread out on your shoulder, to better distribute your baby's weight. If the fabric is too close to your neck, you'll soon be uncomfortable; if it is too low, you'll find it hard to move your arm freely.
- Fabric is well spread over your back, and is not twisted. That way your baby's weight will be comfortably distributed.