

There are two ways of carrying your baby in the cradle hold (ie: as you would cradle your baby in your arms across the front of your body). These are either with baby's head towards the rings or with baby's head away from the rings. Whichever way you choose, **it is very important that the baby does not end up in a "U" shape with his chin pressed to his chest as this can compress baby's airways and restrict his breathing.**

It helps to imagine that the pouch is a hammock and you want the baby to lie **diagonally across** the fabric (head towards the outer hem and feet towards the inner hem), so that his back stays relatively straight.

Cradle holds can be achieved with the baby either in a full pouch, (see "Cradle Hold 1") – good for very tiny babies, or in a "half pouch" with their legs out, (see "Cradle Hold 2") – good for older babies and for breastfeeding, (see "Breastfeeding" pdf).

The following instructions show one way of getting the baby into each of the "Cradle Hold" positions but you may find a different way that suits you

**CRADLE HOLD 1**

Make a pouch by folding the back hem up against your tummy. Place baby in the "burp position" on the shoulder opposite the rings and tuck his feet into the pouch by your hip. Pull the front hem open roughly where you want his head to lie.



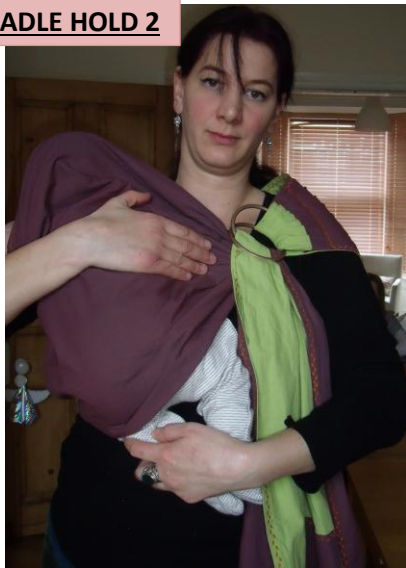
Place your hand behind baby's head for support and lie him down in the pouch with his feet sliding around towards your hip and his head towards the outer hem. **[It really helps to lean forward as you do this so as to keep the fabric quite loose].**



Cradle the baby along the length of your arm, lifting him high towards your chest as you tighten the sling with the other hand. **Ensure the back hem is well tightened to give extra support.** The baby's feet should be tucked towards your hip and his back should be relatively flat.



Baby's face should be in view at all times and his chin off his chest. If you find that the rings are touching baby's head, make a pillow by wrapping the tail of the sling around them.

**CRADLE HOLD 2**

Start with the sling spread across the ball of your shoulder and wide across your back. Do not fold the fabric up to make a pouch. Place baby in the "burp position". Bring the top hem of the sling up over his head and pull the bottom hem well under his bottom to the backs of his knees.



Bend forward so that baby and sling come away from your body. At the same time, twist his feet towards your hip under the rings. Some of the back edge of the fabric should now be against your tummy. Lift the sling and baby high against your chest and pull on the whole of the tail to get the general positioning right.



Bring baby's knees up by tightening the back hem. Bring his face closer by tightening the front hem. Always make sure his face is visible, chin off chest and his back is relatively straight.