

FRONT WRAP CROSS CARRY

(Newborn – approx. 20 months)



(Wrapping the fabric around you in the following manner will help you to keep track of the top and bottom hems - which will help when tightening the sling - but you can wrap the fabric around you however is easiest for you).

1. Find the center marker and line it up at the middle of your body, holding it with your left hand. With your right hand, find the top hem and slide your hand along its length to give the fabric some slack.
2. Holding the top hem, pass the fabric behind your head.
3. Your arm will pass over your head bringing the fabric around to your left shoulder.
4. Let the fabric drape over your shoulder with the top hem nearest to your neck. The fabric should be flat and untwisted across your back.



5; 6 + 7. Repeat the process with your left arm to bring the other length of Wrap over your right shoulder. You will now have a middle “belt” and a length of fabric over each shoulder.

8. Place the baby in the “burp” position on your shoulder.

Slide the other hand up your tummy between your body and the belt and pull the fabric away from your body as you slide baby through the belt.

(If the baby is very young, his legs will stay curled up inside the belt fabric in the “froggy” position with the fabric tucked well under his feet).



9.



10.



11.

9. Spread baby's legs wide so he is in the "supported squat" position. Make sure the bottom hem of the fabric spreads from knee-to-knee.

Lean back slightly to take the weight of the baby against you as you begin to tighten the Wrap.

Start by grasping all the fabric of one of the lengths and pulling upwards and outwards (*not straight down over your shoulder*). You should feel the fabric slide and tighten around the baby on the opposite side.

10. Swap hands and repeat to tighten the fabric on the other side of the baby.

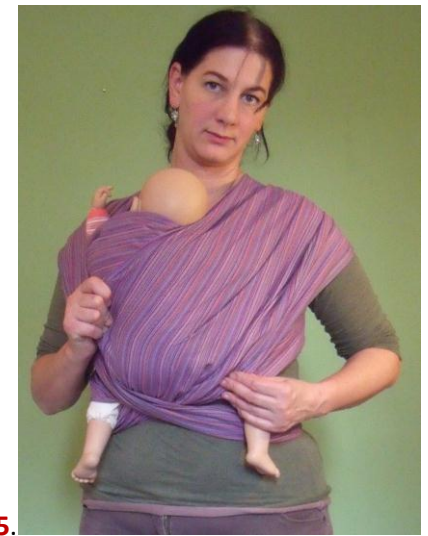
11. To make finer adjustments, locate the top hem and pull outwards to tighten the fabric around the top of baby. Then locate the bottom hem and pull to tighten the fabric under baby's knees.



13.



14.



15.

13. Bring the two lengths down alongside baby and pass them over each leg.

Cross the lengths over each other and pass them under the baby's opposite leg.

14. Tie the straps in a double knot behind your back.

15. For a more supported hold, or in colder weather, spread the fabric of each of the shoulder lengths across baby's back.

16. When asleep, tuck baby's head under one of the straps.



16.

Finally, do a mental check:

-is the baby's face visible at all times?

-is baby close enough to kiss?

-is baby held tightly against your body in a supported squat, with the fabric stretched knee-to-knee and a well-supported back?

If you answered "yes" to all, then you have a well wrapped baby!