



Breast-feeding in a Ring Sling



Breast feeding in a ring sling is very easy whatever the age of the child.

Once you have got the hang of it, you will be able to feed on the go, in the supermarket queue, whilst on the phone etc.

Newborn nursing:

- Place the baby in the sling in one of the two Cradle Holds, depending on which side you wish to feed from.
- Keep the fabric fairly loose until the baby has latched on.
- Gently pull on the top hem to support the weight of the baby's head (but do not over-tighten it and smother the baby! Always make sure you have a clear view of your baby, even if you are doing other things while feeding).

Toddler nursing:

- Place the baby on your hip as for the Hip Carry. Loosen the fabric slightly by lifting the lower ring up to let some fabric slide through the rings.
- Lift the baby slightly off your hip and twist him/her sideways so that their legs swing around behind your hip and their head is positioned closer to the rings. [Leaning forward as you do this will make it easier to settle the baby into the "hammock" that you have just made with the sling.]
- Latch on and tighten the top hem slightly if necessary.

Be sure also to lift their legs and tighten the bottom hem as required. To feed on the other side, simply loosen the fabric and twist the baby the other way so that their head is further away from the rings.

Again, leaning forward slightly as you do this will make it easier to do.

(Don't forget to lift the baby's legs and tighten the bottom hem so they don't start to slide out!)