



## BUDDHA CARRY (approx 3 – 6 months)



### This position is for babies with good head control.

- 1) Start by creating a pouch by folding the back hem up against your tummy. Tighten the back hem well by pulling on the corresponding hem of the tail where it comes through the rings. Leave the front loose for now.
- 2) With your right arm hold the baby with their back against your chest and your hand under their bottom. Fold their legs up so that their feet cross over their chest as though you are changing a nappy.
- 3) With your left hand pull open the front of the pouch and lower the baby, bottom first, into it. (Position the baby either facing straight ahead or turned slightly so they sit across the front of your body).
- 4) Still supporting the weight of the baby, tighten the fabric by pulling on the 'front' hem. If the baby hangs too low, take the weight of the baby and pull the whole of the tail fabric together to lift the whole of the pouch.

**IMPORTANT:** Always make sure that there is plenty of fabric holding the child in at the front. Make sure that the child is high and tight against you and not swinging loosely in the pouch!