



## Ring Sling General Tips

For maximum comfort and safety when using a POUCHLINGS ring sling, it is useful to familiarise yourself with these general rules:

- The higher and tighter the baby is carried in the sling, the more secure they will be and the lighter they will feel.

Always begin by taking the weight of the baby in one arm and pull on the whole of the tail to get the general positioning right. Then pull on either the front or back hem to take up the corresponding slack.

Pull the fabric with a slight "up-and-over" movement across the front of your body NOT out to the side, away from you.

- To loosen or remove the sling, take the weight of the baby, and lift the bottom ring over the top ring (the weight of the baby will make the fabric slip through the rings so always hold the baby before you do this!)

If, once the baby is in, something doesn't feel right, it is not necessary to start from scratch. Simply loosen the fabric slightly, make whatever adjustments are needed and tighten again.

### TROUBLESHOOTING:

#### **Q: "Why do I find it hard to pull the fabric through the rings?"**

a) You aren't lifting the baby enough.

It is very difficult to pull the fabric through the rings if you are not lifting the baby at the same time. Use the arm closest to the child to lift them high (just sit their bottom on your forearm and lift), and squeeze them tight against you EVERY TIME you want to tighten or adjust the sling. If you do this, it will give you a certain amount of slack fabric between the baby and the rings. It is easy to gently pull this slack fabric through the rings without the baby's weight dragging it down. (Not lifting the child will not only make it hard to use, but will also put too much strain on the fabric and may shorten the life of your sling).

b) You are pulling the fabric in the wrong direction.

Just like tightening a belt, the fabric needs to double back against itself. Pull the fabric back towards the baby NOT out to the side. Pulling strongly straight down will cause the rings to grip the fabric even more tightly. Pull the tail gently in an "up-&-over" arcing movement towards the baby or out in front of you. Then make smaller adjustments by pulling the top hem, middle of tail and bottom hem in turn. Pulling the fabric upwards like this first, separates the two rings allowing the fabric to glide easily through them.

#### **Q: "How do I loosen the sling to make adjustments?"**

Simply lift the visible outer ring upwards. This releases the grip on the fabric which will then slip through the rings.

NOTE: always support the baby before you loosen the sling!

#### **Q: "How do I stop the rings sliding down into the middle of my chest?"**

The main cause of this common problem is that you have too much slack fabric across your back when you tighten the sling, rather than at the front. Before you pull on the tail of the sling, bring all the slack fabric around from your back and across the baby so that it is gathered in front of the rings. Then, when you pull on the tail, it will only gather up this slack fabric and the rings will stay in the hollow of your shoulder – the correct position. Alternatively, you could start with the rings too high up on your shoulder so they slide down into the right place as you tighten the fabric.

#### **Q: "I feel like my toddler is going to slip out"**

You need to make sure that the baby's bottom hangs lower than his knees. You do this by bending & raising his knees and tightening the lower hem to keep them raised (by pulling on the corresponding part of the tail).

(NOTE: Babies that are unused to being carried in a sling tend to start out with their legs fairly straight. You may need to keep bending their knees and tightening the bottom hem until they get used to the new way of sitting.)

#### **Q: "My back/neck aches...why is this?"**

You are carrying the baby too loosely, too low, or allowing them to push themselves away from you.

With Newborn holds, the baby should be somewhere between your belly button and your chest. (You should be able to kiss the baby's head!). Once on the hip, baby should not lean away from you. You should hardly be able to slide your hand between your body and the child. If you feel that your arm is still supporting the weight of the child then the child is not fastened closely enough to you (you should be able to go hands-free even with a toddler). Adjust the sling by lifting the child so none of their weight is pulling on the sling, and then by tightening the sling as directed above.

**OR:** You are wearing the sling against your neck instead of on the **BALL** of your shoulder.

(Pull out the flaps at the shoulder cap to firmly secure the sling on the ball of your shoulder).

#### **Q: "Why do I struggle to get my toddler's feet in?"**

You are not lifting the child high enough. (Sit the toddler's bottom on your forearm and lift high up onto your shoulder - like a "Fireman's Lift", don't just hold him under the armpits.) With the other hand, slide your whole forearm between your tummy & the pouch fabric and pull the fabric completely away from your body. This will bring all the slack fabric to the front of your body, (so the rings stay put), and it will create a nice big space for you to lower the child's feet through without tangling. You can use your free hand to guide his feet through.