



1

Start with the sling spread across the **ball** of your shoulder and the rings slightly higher than they should be. Fold the pouch in half all the way round to your back and pull the back hem up against your body to form a deep pouch.

**[There should be 1/3 fabric against your tummy and 2/3 fabric at the front of the pouch to adequately cover the baby].** Tighten the back hem by pulling on the correct hem of the tail, but leave the front of the pouch fairly loose.



2

Place baby in the „burp position“ on the opposite shoulder, sitting on your forearm. Pull the front of the pouch outwards with the ring-side hand and slide the baby, still upright, down the middle of your chest into the pouch. **[It is easier if you lean slightly forward as you do this so the pouch is looser].** Newborns will have their legs curled up in a “froggy” position. They will sit in the pouch on their feet with their knees to either side of your tummy.



3

Pull the front of the pouch up to ensure there is enough fabric to support baby’s head. As you do this, also pull any loose fabric at your back around the baby towards the rings so that the rings don’t slip down as you tighten the sling. Make sure you are taking the whole of the baby’s weight on your arm as you do this.



4

**[Before tightening the sling, check that it hasn’t slipped up to your neck. Reposition it if necessary. Pull any slack fabric from your back around your ribs and across the front of the baby. Any loose fabric should be between the baby and the rings].**

**Take all the weight of the baby onto your arm and squeeze him close against your body.** Now tighten the sling. Start with the top hem and pull **forwards** in an “up-and-over” movement (not straight down!)



5

Still keeping baby’s weight off the fabric, reach in to the back hem and pull it towards the rings to gather up any slack from your back. Tighten the bottom hem by pulling the outer hem of the tail straight down. The tighter the back hem is, the more supported baby will feel. Tighten the middle part of the pouch by squeezing baby against you and pulling on the middle part of the tail.



6

The baby should now be very snug against your body, with no side-to-side movement and high enough to kiss. The sling should be cupping your shoulder with the fabric spread wide across your back and your ribcage down to your waist.