



1

Start with the sling spread across the **ball** of your shoulder and the rings slightly higher than they should be. Place baby in the 'burp position' on the opposite shoulder, sitting on your forearm. **[Have the pouch fairly small so there is not too much fabric to pull through the rings].**



2

Slide your free hand up your tummy and use your **forearm** to pull the pouch well away from your body and to tighten the fabric across your back. **[Doing this gives you a nice wide space for the baby and a free hand to guide your baby's feet through the sling pouch].**



3

Guide the baby's feet through the hole but keep him quite high against your chest. Remember to keep the fabric tight across your back. **[Doing this will stop the rings from sliding down when you tighten the sling later].**



4

With baby still resting against your shoulder, pull the top hem of the pouch up to the midpoint of your baby's head. Tuck the bottom hem right under your baby's bottom. **[It can help to lean back slightly while you do this]**



5

Lean forward slightly and slide the baby down the middle of your chest. **[Do not lie the baby down but keep him upright so he is "tummy-to-tummy"]**. Make sure the top hem comes high enough to support his head until he has good head control. Bend his knees into your tummy and tuck the bottom hem well under his bottom. He should be sitting deep into the pouch with his knees higher than his bottom.



6

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 tighten the sling. Start with the top hem and pull forwards in an "up-and-over" movement.



7

Still keeping baby's weight off the fabric, tighten the bottom hem by pulling the outer hem of the tail straight down. **[It might be necessary to bend baby's knees up again before tightening the bottom hem]**. Tighten the middle part of the pouch by pulling the middle of the tail.



8

When you are sure that the baby is well secured against your body, you can let all of his weight be taken by the sling.



9

To loosen the sling, or to take the baby out, **hold the baby securely** before lifting the bottom ring up and pulling out to the side. The fabric will glide through the rings.