

upright – facing in

3 months–toddler

1. Start by following the 'Putting on the sling' instructions.



2. Hold baby upright facing towards you and centered in the middle of your chest.

3. Pull bottom of shoulder loop down between baby's legs.

4. Fan fabric out between baby's legs and across her back. Tuck baby's arm under fabric. Baby should be straight upright.

5. Pull the waist loop over your opposite shoulder. Stretch bottom of loop down between baby's legs.



6. Fan fabric out between baby's legs, across her back and over your shoulders. Tuck baby's arm under fabric.

7. Hold the sash in the center with the soft side facing baby.

8. Wrap sash around baby's back & criss-cross around your own back.

9. Pull the sash ends back around your front.



10. Tie the sash ends at baby's side using a double knot.

11. You are ready to wear baby hands free!

TIPS:

- * The 2 loops should criss-cross baby's back, with baby centered and sitting upright.
- * This position is best when baby is in a quiet, snuggly mood.
- * If baby is tired and fussy, walk and slightly bounce baby until she settles.