

CRADLECARRY 0 - 4 MONTHS



1. Fold sling and put on non-dominant shoulder with padding on the outside. Line up seam under breast.
Hold baby with non-dominant arm and hand and cross baby's feet.
2. Open the outer edge of the pouch so it clears the baby's bottom. Line up the seam with the baby's diaper.
3. Lower his bottom first, sliding back down your front. Baby's feet will be crossed and on top of his or her body.
4. Slide baby down into the pouch. Baby should be between the two layers of fabric.
5. Do not put baby's head in until diaper is all the way at the bottom.
6. Cradle his head with the side of the pouch. Baby's chin should not be pressed against his chest.

FRONTCARRY 2 - 8 MONTHS



1. Fold sling and put on with padding on the outside. Line the seam up with the midline of your body.
2. Hold baby high up on your chest, her back to your front, slightly facing sideways (away from the pouch shoulder).
3. Find the pouch opening. Cross baby's legs and put them on the top of baby's body. Grab the pouch rail.
4. Lower baby's bottom into the sling. The seam should be in front of baby.
5. Baby's weight should be tipped toward you and resting back against your body.
6. Check to make sure baby's bottom and legs are between fabric layers and let go. Baby's arms can be in or out.

HIPCARRY 6 + MONTHS



1. Put the sling on with the padding on the inside. Wear the sling on the shoulder of your dominant hand for this carry.
2. Line up seam with the opposite breast. Hold baby with his tummy on your shoulder.
3. Put baby's feet all the way through. Make sure the seam is in line with baby's spine.
4. Open folds of the pouch to make a seat. Drop baby into seat by lowering baby's bottom between layers of fabric.
5. Bottom padded rail should be under baby's bent knees and top unpadded rail can be pulled up over baby's back.
6. Baby's bent legs should straddle your waist and his bottom should be below his knees.