

Ring Sling Carrying Positions

****Helpful Hint****

To make adjusting easier, before the baby is placed in the sling, spread the fabric evenly through the ring so you are able to see both of the edges of the fabric. To adjust once the baby is in, just lift up the baby's weight with one hand, and pull each of the edges with the other hand.



Cradle Hold - Newborn to 6 months

Create a pocket for the baby by pulling a wall of fabric against your body. Hold baby in burp position on the opposite shoulder as the rings. Place baby in sling, feet first, with head a few inches from rings. Once in position, tighten the slack in top rail (the side away from your body) to hold baby in place.



Tummy to Tummy - Newborn to 3 months

Hold baby in burp position on opposite shoulder of rings. Legs in: create a pocket for the baby by pulling a wall of fabric against your body. Cross baby's feet in front of her and place in sling. Legs out: reach through the bottom of sling & pull baby's feet through sling. Bend and spread baby's legs like a frog with it's bottom lower than knees. Once baby is in position, tighten the slack in the top rail (side away from body). CAUTION- make sure the sling is under the baby's thighs and goes up to it's neck to prevent baby from sliding.



Kangaroo Hold - 3 - 9 months

Create a pouch for baby by pulling a wall of fabric against your body. Hold baby on your shoulder opposite the rings. Baby's back will rest on your shoulder. Cross baby's legs. Place baby into sling, keeping baby's legs crossed in front. Tighten the slack in the top rail (the edge away from body).



Hip Carry - 6 months to 35 lbs

Hold baby in burp position on shoulder opposite from the rings. Reaching through the bottom of the sling and pull baby's feet through. Slide the baby onto your hip with one hand as you hold the sling in place with the other hand. Bend baby's leg like a frog straddling your hip, with bottom lower than knees. CAUTION- Make sure the fabric is under the baby's thighs and goes up to it's neck to prevent baby from sliding. Tighten slack in the top rail (the side away from body), to secure baby.



Back Carry - 12 months to 35 lbs

Start with a hip carry. Toddler should be on the back of your hip, then quickly lift and shift the sling around so your toddler is riding piggy back. Rings should end up in the middle of your chest with fabric across your breasts. CAUTION- Make sure the fabric is under the baby's thighs and goes up to it's neck to prevent baby from sliding. Tighten slack in the top rail (the side away from body), to secure baby.