

cradle

0-4 months

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



2. Unfold shoulder loop down toward your waist to open the loop.

3. Position baby lying across your chest with her belly facing up.

4. Fold fabric back up making a pouch around baby. Fold fabric back and pull loop up onto around baby's head until she settles.

5. Tuck your other arm into the waist loop and pull loop up onto your shoulder.



6. Fan fabric over your shoulders, and baby's back and legs. Flatten any bunched fabric.

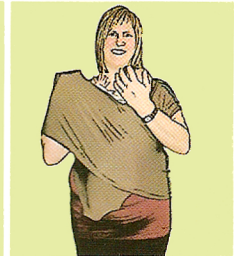
TIPS:

- * Position baby high up on fabric with her head at your shoulder.
- * Mom can easily nurse by pulling the inside edge of the inner loop down to her exposed breast.
- * Great position to put baby to sleep. Walk and bounce baby until she settles.

upright—crouched

0-4 months

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



2. Open shoulder loop down towards waist and position baby.

3. Stretch fabric from bottom of shoulder loop under baby's feet & fold back over baby's back.

4. Tuck your other arm into the waist loop and pull loop up onto your shoulder.



5. Open up the outside loop so it stretches over baby's back & under her feet. Flatten any bunched fabric.