

hip hold

6 months–toddler

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



2. Hold baby straddling your hip in a sitting position.

3. Pull bottom of shoulder loop down over baby's front foot.

4. Fan fabric out between baby's legs, & over her bottom. Tuck baby's arm under fabric.

5. Pull waist loop over your opposite shoulder so bottom of loop is between baby's legs.



6. Fan fabric over baby's bottom and back. Tuck baby's arm under fabric.

7. Hold center of sash with soft side facing baby's back.

8. Wrap sash around baby's back and criss-cross at your other side.

9. Pull sash ends back towards baby & tie off using a double knot.



10. You are ready to wear baby hands free!

TIPS:

- * Use just one loop for light support of baby in the hip hold. This makes for quick donning with toddlers wanting 'up' for short periods of time only. **Using one loop is not a hands-free hold, so please be sure to hold baby securely.**