



# embrace life

Instruction Booklet  
English



theBabaSling  
[www.theBabaSling.co.uk](http://www.theBabaSling.co.uk)

## Please read through all the instructions before using theBabaSling!



100% Cotton, Made in India  
KEEP AWAY FROM FIRE

### Safety Instructions

1. For safety reasons, theBabaSling must only be used as instructed by the user guide.
2. Make sure that there is sufficient ventilation for the baby at all times.
3. Inspect theBabaSling before every use. If you notice any damage or have any cause for concern please contact the product care line for advice before using.
4. theBabaSling is not suitable for use during sporting activities.

### Warning

1. \*BS EN 13209-2:2005 weight requirement: Minimum weight: 2kg Maximum weight: 9kg \*\*The following positions have a recommended maximum weight of 15kg.
2. Ensure the safety buckle is used at all times.
3. Take care when bending or leaning forward.
4. Your movement, and that of your child, may adversely affect your balance.
5. Take care not to overheat your baby. This is particularly important in high temperatures or when baby has a fever.
6. Do not use theBabaSling while cooking in front of a stove or any other source of heat.

## Getting Started

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**1)** Click together the **safety buckle** first and then the large buckle, making sure the safety buckle strap is always longer than the other straps.

**2)** Hold theBabaSling with your left hand with theBabaSling facing forward put your right arm through theBabaSling and over your head placing shoulder padding over your shoulder and so theBabaSling is across your body; **theBabaSling label** should sit just below your collarbone and the padded shoulder strap should be sitting comfortably across the middle of your shoulder.

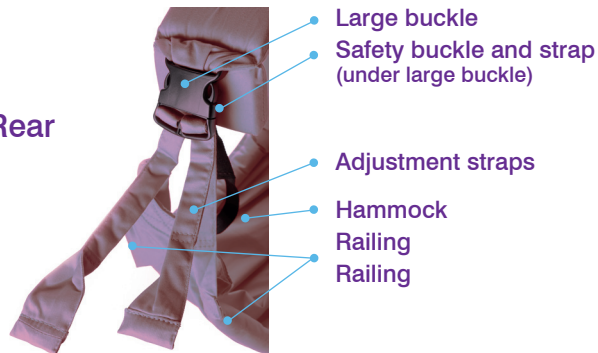
**3)** Without unclipping take off theBabaSling. **Important Note:** Make sure that you always hear an audible click when fastening each buckle and always fasten the **safety buckle** first when using theBabaSling.

## Adjusting theBabaSling

### Front



### Rear



### Why

- 1) To fit different size people.
- 2) The two **adjustment straps** are designed to tighten or loosen the two railings independently.
- 3) To alternate between left and right shoulders.

### How

- 1) Hold the **large buckle** in one hand parallel to the floor.
- 2) If you lift the buckle up - unlocking it – you will make adjusting the straps easier. To tighten a **railing**, simply pull the strap straight down.
- 3) When wearing theBabaSling with baby the **upper railing** will be higher than the **lower railing**. Do not pull the **lower railing** up between you and baby.
- 4) The **upper railing** is always pulled tighter than the lower railing, as the lower railing has further across the body to go.
- 5) When alternating shoulders simply reverse the length of the **upper** and **lower railings**.

**Tip:** When adjusting theBabaSling and placing baby for the first time, you may wish to have someone assist you, although this is not essential.

## Follow this example:

Hold the top of the large buckle with your left hand. Turn theBabaSling round so you are looking at the rear. If you are adjusting the straps so you can wear theBabaSling on your right shoulder, make the left hand strap longer and the right hand strap shorter by about 2 ins/5cms. Take the shoulder padding with your right hand with the buckle on the left hand side, put your left hand through theBabaSling and over your head. The label should be sitting just below your collarbone and the shoulder padding in the middle of your shoulder.

## Important Note:

Not everyone is the same size so you may need to lengthen or shorten both straps accordingly. To tell if theBabaSling is set up correctly for you, whilst you are wearing theBabaSling, hold the hammock and both railings in your left hand with your thumb on the inside. Your thumb should be touching the top of your hip!

If you wish to wear theBabaSling on your left shoulder simply reverse the procedure.



- 1) Do a test run with a doll or similar before placing baby.
- 2) When placing baby for the first time be sure you are both calm, rested and fed.
- 3) If you feel you need to support baby with your hands while using theBabaSling you need to tighten the **upper railing**.
- 4) If theBabaSling is on your right shoulder, hold baby securely with your left hand taking the majority of baby's weight.
- 5) Take your right hand and unclip both buckles. The **safety buckle** is conveniently located underneath the **larger buckle**.

## Easy Tiger\* (0 - 4 months)



1) If the BabaSling is on your right shoulder place baby on your left shoulder.

2) Slide your right hand across your body, beneath the **hammock** and take hold of both of baby's feet.

3) Whilst baby is still resting on your left shoulder, take the **upper railing** with your left hand and pull it up to meet baby.

4) Slide baby's feet to the left across your body with your right hand. By placing baby's feet correctly first, the rest of baby's body will follow.

5) Baby's bottom should be sitting in the middle of the **hammock**, which is defined by the pocket.

6) Use your left hand to support baby's head as you lay them in the **hammock**.

7) The **upper railing** can be positioned as a cushion under baby's neck and the excess fabric can be pulled up to support the rest of baby's head.

8) Adjust baby's position so you are both comfortable. If this doesn't feel right you may need to take baby out and try again.

9) If you wish to wear the BabaSling on your left shoulder simply reverse the procedure.

**Safety Tip:** Do not pull the lower railing up between you and baby. Check baby at regular intervals - particularly with young or tiny babies - to ensure baby has free-flowing air. Take care not to cover baby's face with the excess fabric.



1) If theBabaSling is on your left shoulder place baby on your right shoulder.

2) Slide your left hand across your body, underneath the **hammock** and take hold of both of baby's feet.

3) Whilst baby is still resting on your right hand shoulder, take the **upper railing** with your right hand and pull it up to meet baby.

4) Pull baby's feet to the left away from your body with your left hand and place them near the pocket area. By placing baby's feet correctly first, the rest of baby's body will follow.

5) Baby's bottom should be sitting in the middle of the **hammock**, which is approximately below the **pocket** depending on the size of baby.

6) Use your right arm to support baby's head as you lay them in the **hammock**.

7) The **upper railing** can be positioned as a cushion under baby's neck and the excess fabric can be pulled up to support the rest of baby's head.

8) Adjust baby's position so you are both comfortable.

9) If you wish to wear theBabaSling on your right shoulder simply reverse the procedure.

**Safety Tip:** Do not pull the lower railing up between you and baby. Check baby at regular intervals - particularly with young or tiny babies - to ensure baby has free-flowing air. Take care not to cover baby's face with the excess fabric.



1) If the BabaSling is on your left shoulder place baby on your right shoulder.

2) Slide your left hand across your body, underneath the **hammock** and take hold of both of baby's feet.

3) Whilst baby is still resting on your right shoulder, lift the entire **hammock** up with your right hand.

4) Gather the **lower railing** and some excess fabric with your left hand.

5) Place the **lower railing** under the back of baby's knees and lower baby gently down into the **hammock**.

6) Baby's bottom should be sitting in the middle of the **hammock**, which is approximately below the pocket.

**Tip:** Baby's legs should be astride your tummy.

7) The **upper railing** should be pulled up to baby's armpits or higher to support baby's back.

8) With younger babies the **upper railing** can be positioned as a cushion under baby's neck and the excess fabric can be pulled up to support the rest of baby's head.

9) If you wish to wear the BabaSling on your right shoulder simply reverse the procedure.





1) Use Easy Tiger, Sleeping Tiger or simply pull the BabaSling off the shoulder onto the upper arm to bring baby's head to the level of your breast.

2) For discreet feeding pull the **upper railing** up for your privacy.

3) Everyone has their own technique so experiment and find what works best for you!

**Safety Tip:** Check baby at regular intervals - particularly with young or tiny babies - to ensure baby has free-flowing air. Take care not to cover baby's face with the excess fabric.



1) If the BabaSling is on your left shoulder, start with baby facing outwards in your left hand in the middle of your tummy.

2) Lift the **lower railing** and **hammock** away from your chest with your right hand.

3) Slide baby between you and the BabaSling and place their bottom and legs inside the middle of the **hammock**. You might want to cross baby's legs at this point to position baby correctly.

4) Pull the **lower railing** up so baby is positioned well inside the **hammock**.

5) The **upper railing** is pulled up to baby's armpits.

**Safety Tip:** Make sure that baby is leaning back towards you. Do not bend forward in this position without securing baby with at least one hand.



## Side Saddle\*\* (3 months +)



1) If the BabaSling is on your right shoulder place baby on your left shoulder.

2) Slide your right hand across your body, underneath the **hammock** and take hold of both of baby's feet.

3) Whilst baby is still resting on your left shoulder, lift the entire **hammock** up with your left hand.

4) Gather the **lower railing** and some excess fabric with your right hand.

5) Place the **lower railing** under the back of baby's knees and lower baby gently down into the **hammock**.

6) Baby's bottom should be sitting in the middle of the **hammock**, which is roughly below the pocket.

**Tip:** Baby's legs should be astride your hip.

7) The **upper railing** should be pulled up to baby's armpits or higher to support baby's back.

8) With younger babies the **upper railing** can be positioned as a cushion under baby's neck and the excess fabric can be pulled up to support the rest of baby's head.

9) If you wish to wear the BabaSling on your right shoulder simply reverse the procedure.