

Freedom Slings™



The natural way to carry your baby....

Wearing Instructions for the Freedom Sling Padded Freedom Sling Airport Sling

www.freedomslings.co.uk

Threading the Sling

Your sling will come unthreaded and needs to be threaded through the rings before use. Once mastered, threading the sling takes a matter of a few seconds. Always check the rings and stitching for signs of wear and tear before each use.

Handy Tip: To save time I always keep my sling threaded through the rings and hang it on coat hook next to my coat.



Take the rings in one hand and the 'tail' end of the sling in the other (with pocket (if your sling has one) facing inwards) ready for threading through the rings. You will now have the inside of the sling facing up.



Put the 'tail' end of the sling through both rings and pull through about 18 inches. Separate the rings ready for next step



Now feed the 'Tail' end over the top of the first ring and under the second ring.



Pull the 'tail' through the rings until it feels taut making sure that the fabric is not twisted through the rings.



Your sling is now threaded through the rings and ready to use.

Putting on the sling



The sling can be worn on either shoulder. The pictures shown demonstrate wearing on the right hand shoulder as I am right-handed, if you are left handed try wearing the sling on your left shoulder when trying it for the first time as you may find it easier. To put the sling on hold the rings in your right hand and put your left arm through the loop of the sling as though putting on a sash.



You have now formed the pouch into which you will place your baby or toddler.

Notice that the inside edge of the sling sits naturally under the bust against and your body.

When correctly worn the fabric of the sling should naturally cup the shoulder without causing any restriction of movement. The important thing about the positioning of the rings is that they should feel comfortable. Some like the rings high on the shoulder whilst others like me wear them lower, it is purely a matter of preference and what feels comfortable for you the wearer. Where the rings sit can also change according to the age and carry position of the baby or toddler you are carrying.



Handy Tip: don't worry about this at the beginning as you will soon find it all comes naturally.



Before trying your baby or toddler in the sling you may find it useful to practice adjusting the sling so that you fully understand how it works. As you can see from this picture if you pull on the outside edge of the 'tail' it will tighten the outside of the pouch area, conversely by pulling on the inside edge of the 'tail' it will tighten the edge closest to your body. To loosen the pouch, just lift the ring to release the fabric. Never try to adjust the sling by pulling the all the 'tail' at once, each side has to be adjusted independently.



The main reason this sling is so comfortable to wear is, as you can see from the picture, the fabric is spread across the back giving it support when carrying your baby or toddler.

Carry Positions

Cradle Hold (Newborn)

If your baby is newborn or small and doesn't yet have head control this will probably be the first carry position you will use. It is also the one you will use for feeding/nursing in the sling. If you are using the sling for a newborn or small baby they can sometimes look a little lost in the sling (don't worry they grow so quickly s/he will soon fill it). You may find it helps to place a folded lightweight sheet or swaddling wrap under the baby to raise them slightly in the sling. Many babies like to lie scrunched up like they were in the womb as this gives them a sense of comfort and the natural movement of the sling also mirrors that which they felt whilst in the womb. Please remember that your baby's airway needs to be kept clear and so placing them on a folded sheet as described helps achieve this.



You will already have formed a pouch with the sling. This is the area into which you are going to place your baby. Begin with a fairly large pouch as shown, as this makes it easier for placing the baby in and once in place you will tighten the sling around the baby forming a cosy, secure cocoon.

Handy Tip: I keep the inside edge tight against me so that it is mainly the outside edge that needs to be adjusted.



Begin by cradling your baby in the same arm as the rings are on, use your opposite hand to open the pouch and gently place your baby into the pouch area, ensuring your baby's head is clear of the rings. Continue to hold your baby whilst you adjust the sling. Larger babies may need to be carried in the nursing cradle hold position i.e. with their head at the opposite end from the rings (see later pictures for nursing position).



Now that your baby is in the sling, gently manoeuvre her into a position where she is comfortable and content. She can be facing upwards or can be lying on her side facing in towards you. The beauty of this type of sling is that allows you to carry your baby in the way that they naturally like to be held and in a position of their choosing.

Handy Tip: when using the sling for the first time it is a good idea to make sure your baby is happy and content before trying them in the sling. Also be aware that breastfed babies when being placed in this position may automatically look to be fed.....so you may end up feeding!



Once your baby is snug and secure in the sling you should have a happy content baby leaving you handsfree to do other things.....FREEDOM!!

Nursing and sleeping in Cradle Hold (Newborn to Toddler)



Begin by holding your baby on the opposite shoulder from the rings as though you are burping her. Small babies can be placed into the pouch area as for the regular cradle hold previously shown. Larger babies or toddlers will be placed into the pouch with their legs free of the pouch, ensuring that the inside pouch edge is tightened around their bottoms or the backs of their legs (depending on the size of the baby). See pictures below showing newborn and a 3 year old in this position. Note the way the older child's legs are hanging out of the sling; it would be the same for a longer baby.



Breastfeeding in the sling



To breastfeed in the sling put the baby in the cradle hold position with her head at the opposite end from the rings and with her feet hanging out at the end. Adjust the pouch of the sling around her bottom and sides making sure she is secure. If you need to breastfeed completely handsfree I would advise putting the baby into the pouch with the pouch still loose, then allow the baby access to the breast and whilst supporting the baby's head, pull the edge of the pouch up over the back of her head to provide support and tighten the sling in place. You can then use the 'tail' end of the sling to feed discreetly (as shown). NB: if you have purchased a padded sling note the positioning of the padded rails.....they are there to support the baby's head and therefore need come no further round than shown.

Handy Tip: some mums find it easier to use tops designed for breastfeeding otherwise I often found it easier to wear tops that I could easily pull down.





Breastfeeding need not be done sitting down (often impossible to do when you have other children). These slings really do allow you to breastfeed completely handsfree and for as long as you need to. I was often found feeding Saoirse whilst filling my trolley in a supermarket, out walking or on the school run etc.

Snuggle Hold or Chest to Chest

This is a great position for young babies and toddlers and I have found it especially useful for soothing colicky or fractious babies.



Begin with the sling in the pouch position, this time having the inside edge of the pouch area loose against your body. Hold the baby in the burping position and slipping your other hand between the inside edge of the pouch and your body (see middle picture above) gently ease your baby into the pouch area of the sling feet first (the feet do not go into the pouch but between your body and the sling see pictures below). Continue holding your baby whilst you carry out the adjustments to the sling ensuring that it is well tucked up under baby's bottom.



Adjust the sling as previously shown by using one edge to tighten the fabric that is around your baby's head, back or neck and most importantly the other edge to tighten the fabric around your baby's bottom or the back of the legs in the case of a toddler. Your baby should be 'sitting' in the pouch area of the sling. Your baby may fall asleep in this position, once practiced in using the sling; it is simply a case of supporting your baby with one hand whilst loosening the rings with the other and gently easing your baby back into the cradle hold position to sleep comfortably across you.

Kangaroo or Front Facing Carry

This is an excellent position for those inquisitive babies who have good head control but are not yet ready for Hip Carry.



Begin with the sling in the usual pouch position with the inside edge fairly taut against your body. Hold your baby against you and have her facing outwards, with her back against your chest thereby providing her with stability, carefully cross her legs with your other hand. Open the pouch section and lower your baby into the pouch area making sure that she is sitting fully in the pouch. Pull the top edge of the pouch up towards her chest and tighten. The inside edge of the sling should be tight against your body and the top outside edge should be snug against your baby holding her securely in place. Keep a careful watch on your baby in this position and ensure that the sling is always tight around her so that she cannot push her self up with her feet.



A great position for seeing the world. Or even helping with the dishes!!!!

Hip Carry

This is the most extensively used carry position and can be used from when your baby can sit by herself right through to 3yrs +. My daughter Saoirse has been using this type of sling since she was a baby and by 18 months of age, when being put in this position she would flex her legs automatically to facilitate being put in her sling!!



Once again start with your sling in the pouch position, this time with the inside edge of the pouch loose against your body. Hold the child on the shoulder opposite the rings, lift the child and using your free hand, slip your hand up between your body and the pouch of the sling (as shown). Slide your child's legs down between your body and the pouch of the sling and onto your hip ensuring that her bottom is seated in the pouch. See picture above, use one hand to tuck the fabric under her bottom and the other hand to spread the outside edge of the pouch up her back. Pull on the each side independently to tighten around the back and under her bottom.



Note how snug the fabric of the sling is around Saoirse's bottom showing that she is sitting well down in the pouch of the sling ensuring that there is no possibility of her slipping or falling out. If your child has a tendency to throw themselves backwards, you may want to pull the fabric up over their shoulders and have their arms tucked inside the sling.

Back Carry

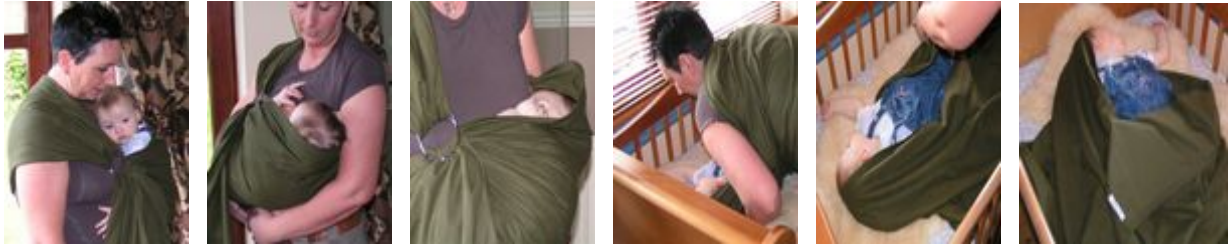
This is a great position for older children but can also be used for babies who can sit unsupported.



I find that the best way to put your child in the back carry position is to start in the hip carry position as previously shown and then whilst supporting your child slide the sling around your body (as shown in pictures above) until she is sitting piggy back style on your back fully supported by the sling.

The FREEDOM Sling More than just a Sling

Once you have become practiced in using your Freedom Sling you will find that the possibilities for different carry positions and uses are almost endless. You can change your child's position in the sling without the need to remove the sling and all in a matter of seconds as the following sequence of pictures shows.



Your sling has many uses, it can be used as a comforter, a changing mat, beach mat, can be used in shopping trolleys as a restraint, it doesn't need to be removed whilst in a car seat and it can even be used as a walking harness.



Thank you for purchasing a Freedom Sling
Enjoy wearing your baby!!