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How To Use A Baby Sling Carrier

by Kate Hardy May 28, 2020

Simple, step by step instructions on how to tie a wrap style Sling Carrier, so you can enjoy all the benefits of babywearing.

Wrap style Slings are the carrier of choice in positive parenting circles. They excel in the first 3-6 months as the soothing pressure and comforting sound of your heartbeat recreates the environment inside the womb.

Carried babies are more likely to develop a healthy secure attachment – that special bond between parent and child. This is especially true of Slings which support breastfeeding, and make it easy for little ones to feed on demand.

Wearing your baby in a sling can also help to calm crying and soothe the effects of colic & reflux, using the gentle sway of your movement to help baby drift off to sleep.

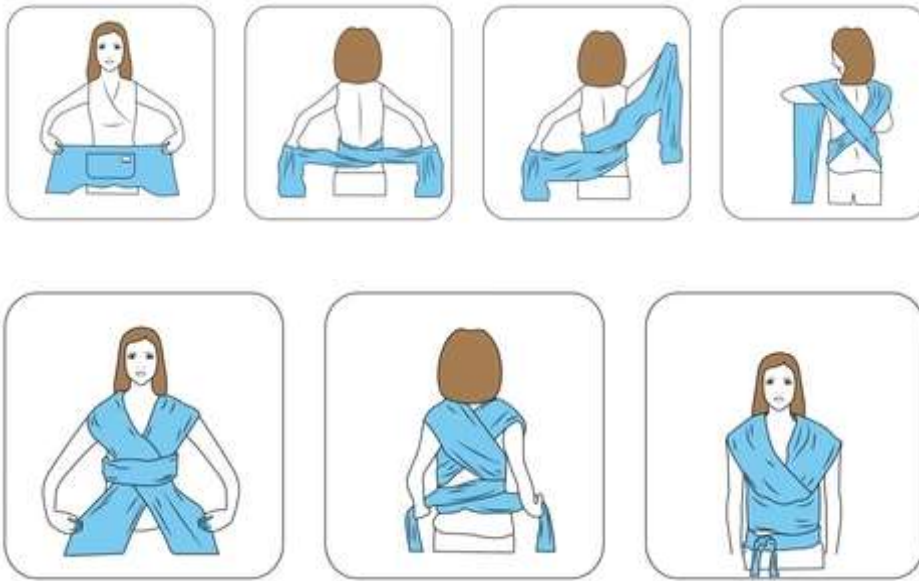
But all of this aside... sometimes, it just helps to have your hands free again!

So here are the simple steps you can follow to tie your own wrap-style Sling.

TO TIE THE WRAP:

1. Find the middle of your sling, place it on your belly, and wind the wrap around your waist.
2. Cross the two ends behind your back and exchange the panels in your hands.
3. Pull each end of the wrap over your shoulders.
4. This will form an X shape on your back.
5. Slide the ends of the wrap underneath the centre panel. Then cross the pieces to form an X.
6. Bring the panels to your back once more. Plus size can tie a double knot here. Or alternatively, make another X.

7. Then bring the ends to the front and tie.



TO PLACE BABY INSIDE:

8. Find the shoulder panel which is closest to your body.
9. Holding baby on your opposite shoulder, tuck his leg through the shoulder panel.
10. Spread the fabric over baby's bottom and shoulder.
11. Repeat the process by placing baby's second leg through the other shoulder panel.
12. Again, spread the fabric over his bottom and shoulder. This forms his seat.
13. Tuck each of your baby's legs through the lower, labelled section of the wrap.
14. Pull the centre panel up over baby's back & shoulders. This third layer of fabric acts like his seatbelt.
15. Safety Check: Make sure your baby is in the correct "frog leg" position, with his chin away from his chest and his airway clear.

