



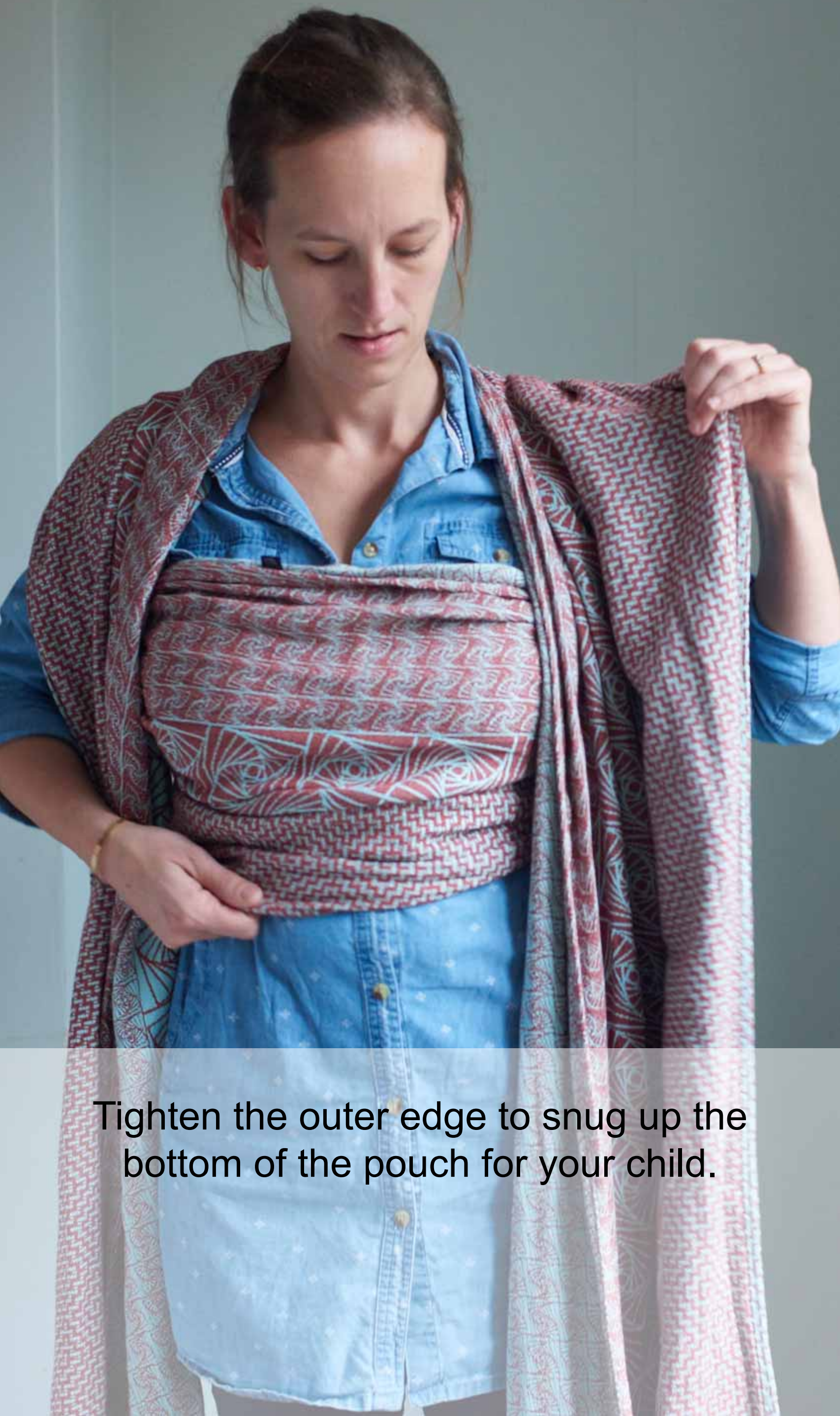
Locate the middle marker and place it in the centre of your chest.



Bring the wrap to your side, behind your back and over the opposite shoulder.



Repeat on the other side, bring the wrap across your back and over the opposite shoulder, creating a cross on your back -ensure it is nice and smooth with no twists



Tighten the outer edge to snug up the bottom of the pouch for your child.



The top part should be loose to make space for your child, by sizing it well now- you will have less adjusting to do later.



Hold your child high, seat them with the wrap bunched, supporting them knee pit to knee pit. Allow their bottom to sink lower than knees encourage their pelvis to tilt towards you by leaning forwards slightly.



Go to the side and feel for the top hem..
Ease a few cm's of the fabric up over their
bottom.



Use one hand as a break supporting under bottom, use other hand to ease the fabric up to nape of neck. Ensure fabric has remained in the knee pits



Check on your back for the top or bottom of the cross and start with the one closest to you ie the bottom one.



Near your neck, gather the top third of fabric in your hand and pull upwards and away (Y shape) to remove slack from the front of the carry. Doing so slightly back away from body to avoid friction



Pass the tightened section into hand supporting child, tighten across the rest of the wrap passing it to hand each time to maintain tension. Shrugging your shoulder helps ease the fabric round.



Pin the tightened tail between your legs to hold the tension.



Repeat on the other side (should be the top pass on your back)



Gather and tighten across the width of the wrap.



Ensure the tightened tails go into the knee pit then under the bottom and under the leg on the opposite side.



This will create a cross under their bottom.



Tie in a dounle knot behind you.



Can you be handsfree?
Is baby safe and secure?
Is baby comfortable?
Are you comfortable?



You can spread the side passes. This can give more support for an older child.



This variation results in flipped rails and the shoulder is supported. Variations include tied under bum (TUB), tied at shoulder (TAS) or with a lexi twist under bottom to prevent overspreading hips of newborns.