



Find the middle marker and centre this on your chest facing away from you.



Pass one side under your arm behind you
with your other arm.



Bring the end of the fabric over the shoulder, keeping your elbow in front of the fabric. Ensure the fabric stays flat and isn't twisted.



Repeat for the other side, bringing it over your shoulder.



You will have 2 long pieces covering your shoulders hanging down in front of you and a horizontal layer across your chest (the pocket).



There will be a cross on your back.



Check the top of your pocket and feed any looseness (slack).....



....under your armpit to the cross behind and pull on opposite shoulder closest to your neck to bring it to the long piece hanging down. Repeat to the other side.



Gather up the long pieces and pass them through the pocket and down out of the bottom.



Passing it to your other hand and pulling it down will ensure the pocket remains snug.







Give a pull downwards so the whole thing is nice and snug. It should feel like a fitted lycra top.



Make a cross with the long pieces, ensure that the top on your back is the top on the front cross, position will depend on the size/length of your baby but approx. midway between chest and navel.



Take them behind your back and tie or if long enough cross over....





....and bring to the front and tie in a double knot where is comfortable for you.



Move the pocket down so you can access the cross, the cross passes is what your baby's bottom will sit on.



Put your hands together and pull down to create some space for your baby. Adjust the cross height if necessary.



Look down at the cross, baby goes on the shoulder with the top layer. ensuring you support them fully.



With your opposite hand to side baby is on, stroke your collar bone under the fabric move your hand towards the cross and pull the fabric out and guided into baby's knee pit.





Repeat on other side so baby is sitting on the cross with the fabric in their knee pits. Support baby whilst allowing bottom to drop onto the cross.



Check positioning
gentle “J” shape
chest to chest with no slumping
hands up by their face
bottom lower than knees



Go to side started on and find the edge of the wrap by your neck and spread it out over baby's back, ensuring it is supporting knee to knee





Ensuring up to baby's neck.



Repeat on the other side



Go to your side and find the pocket, grab it in both hands like a rope, and lift it over baby's feet and place it under baby's bottom. Feet should be uncovered.



Pull it from the top up over baby's back to the top of neck, ensure it is smooth.



Check shoulders to ensure you can see baby's face, airways clear and can fit 2 fingers under baby's chin. You can move or spread the fabric or do shoulder flips



Go under and grab edge by neck and pull it to the outer edge creating the flip.



Adjust for comfort.



Spread fabric out, can use it to tuck baby's head under to support or for extra snugness.



You can pull down from on your shoulder
to spread it....



....and fold it back on top of itself to
spread it out.



Can you be handsfree? ie no need to support
with your hands

Is baby safe and secure?

Is baby comfortable?

Are you comfortable?



To take baby out, bring the pocket down,
and pull it out and back under baby's feet.



Unspread the top layer then the bottom layer, into the knee pits.



Gently lift baby out, as you do this the cross releases baby's legs.



Using the sling this way replicates in arms carrying, respecting and supporting the natural positioning of your baby.

Other carries maybe suitable such as double hammock or front wrap cross carry depending on the stretchy wrap used and degree to which it stretches and size/weight of your baby.