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## SLING INSTRUCTIONS

So, you've got your Lucky Baby Sling and now you want to learn how to put your little one in it comfortably? Here are the step-by-step instructions with accompanying photos to make it easy for you. Remember: babywearing takes practice. Try new positions when your little one is happy and you are sitting down.

### HOW TO PUT THE SLING ON



1. Fold the sling in half along the seam.



2. Put the sling on like a sash across your torso with the seam in the middle of your body. It should not feel too tight.



3. Here is the opening for your child.



4. Make sure the sling is flat across your back before putting your child in. This ensures comfort.

### CRADLE CARRY (for babies newborn to 10 months)



1. With the seam of the sling in the center of your body open the pouch.



2. While cradling your baby's head and body slide the baby in, bottom first. The seam should always be up your baby's bottom or along their back as this is the strongest part of the sling.



3. Slide the feet in gently and then the head.



4. Pull the outside of the pouch up enclosing the baby.



5. To further adjust your child in the sling, slide one hand up on the inside (closest to your body) while pulling the outside of the sling up with your other hand.



6. To pull your child in closer to you fold the top layer of fabric over your shoulder (called the half shoulder flip).



7. Older babies can also be carried in the cradle carry position with their head and arms out of the sling (the baby seen here is 8 months, 22 pounds and the length of a 1 - year-old).

#### KANGAROO CARRY (for babies with good head control to 10+ months)



1. Start with the seam at the center of your body and open the pouch up with the side closest to your body up higher than the outside of the sling.



2. With your baby facing away from you slide their bottom in first in the sitting position.



3. Tuck their feet in and cross them Indian style if they are younger or slide them to the side if they are bigger and longer. Gently pull up on the front fabric until it's where you want it to be.

#### BELLY TO BELLY CARRY (for babies with good head control to 35 pounds)



1. With the seam of the sling at the center of your body open up the pouch and pull the outside of the sling up higher than the inside.



2. With your baby facing you slide them down into the sling making sure that their feet are not caught in the sling.



3. Pull the outside of the sling up making sure that their bottoms are well supported in the pouch. If they are sleepy you can pull the sling up over their heads (for younger babies) or shoulders as seen here.



4. Older children may prefer to have their arms out of the sling in this position.

#### HIP CARRY (for babies with good head control to 35 pounds)



1. With the seam of the sling at the center of your body open up the pouch and pull the outside of the sling up higher than the inside.



2. With your baby facing you slide them down into the sling making sure that their feet are not caught in the sling.



3. Pull the outside of the sling up making sure that their bottoms are well supported in the pouch.



4. Slide the baby over to your hip. Older babies may prefer to have their arms out.



5. You can pull the sling up over their shoulders if they are grabby and put a toy in there for them to play with. The sling should feel comfortable and not too tight.

**BACK CARRY** (18 months and up) **WARNING:** Wait until your child is at least 18 months old before using the back carry position!



1. Start with your child in the hip carry position.



2. Flip your arm over so it is in front of your child and gently slide them onto your back.



3. Children can put their arms in the sling or out.

**HALF SHOULDER FLIP** (use this technique to pull your baby in closer)



1. Fold back the top layer of fabric at your shoulder. This technique can be used with any of the sling carrying positions.

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## Safe Babywearing

It's so important to carry your baby safely. While getting used to carrying your child in a sling support them with your hands. As you go through the learning phase of moving and reacting, the urge to support your baby with your hands is instinctive. Try out your sling for the first time sitting down in a comfortable position. When trying out new positions, do the same. Here are some helpful tips to keep you and your child safe while using a sling: Wear your child cautiously while in the kitchen. Do not wear your child while cooking or working with sharp or hot objects. Do not drink hot beverages when wearing your child, although wearing your child is safe while eating. When wearing your baby and stooping over, bend at the knees, not at the waist, and hold your child in the sling with one hand. Toddlers, if worn are at your reaching level, can grab dangerous or breakable objects off shelves. Keep an arms distance away from potential hazards. When going through doorways or around corners, be careful that your child's body does not stick out past your arm and strike the wall or doorjam. Do not ride a bike or other moving vehicle while wearing your child. Baby carriers are never substitutes for an approved carseat. Make sure you use your Lucky Baby sling with great care. Afterall - it's your baby in there! Make sure that your child is positioned safely inside and remember that they are not strapped in. Check the seams of your sling to ensure that they are not coming apart. Responsibility for the safety of the child is held by the person using the sling and not Lucky Baby.





## Breastfeeding in the Sling

Breastfeeding in your sling is easy and there are many different ways to use the sling as a privacy covering.

## Babywearing through the Ages

As long as there have been mothers and babies there has also been some form of homemade slings. Mothers in cultures throughout the world have been babywearing for centuries. This age old tradition has so many benefits and it feels completely natural. Modern day research has shown what intuitive mothers have known all along: it is good for babies to be held close to their nurturing caregivers. Anthropologists studying other cultures have agreed that infants who are worn cry much less.

## Benefits of Babywearing

Some additional benefits to using a sling include: it's a convenient way to carry your child, you can take care of your other children easier, they're easy to breastfeed in and you're more in tune with the needs of your child!

Another great benefit of wearing your child in a sling is that they can actually grow to be more independent children. Because you are more in tune with their needs and are more apt to take care of their needs quickly when they are held close to you, children who are worn in slings are more secure with their environment and thus more independent.

On his website, Dr. Sears - the famous pediatrician, goes over the 5 major benefits of babywearing. They are:

1. Sling babies cry less.
2. Sling babies learn more.
3. Sling babies are more organized.
4. Sling babies get "humanized" earlier
5. Sling babies are smarter.

## FAQ (Frequently Asked FAQ)

**Q:** Are Lucky Baby Slings **adjustable**?

**A:** These tube shaped pouch slings are not adjustable and the great thing is that they don't need to be! No more fiddling with buckles, rings, snaps or clasps. The sling is sized to fit you and it is the easiest way to go. You can carry your newborn in the sling and as the baby grows move into the forward facing position, hip carry position and eventually the back carry position, all with one easy to wear sling.

**Q:** Are Lucky Baby Slings **similar to other slings**?

**A:** Lucky Baby Slings are native, tube shaped, pouch slings similar to other slings on the market. It is basically two pieces of fabric sewn together on the sides with an extra strong reinforced seam with a curved edge forming a tube when folded in half and worn like a sash. The differences? Our prints are more wearable and stylish, ours are completely reversible and they come with an in-seam, secure pocket (a lucky baby exclusive!)

**Q:** Do any Lucky Baby Slings have **stretch** to them?

**A:** These slings are made of durable, breathable and most of all washable 100% cotton. They do not stretch but are terrifically comfortable to wear and feel very secure - truly hands free carrying!

**Q:** Are Lucky Baby Slings **padded**?

**A:** The slings are not padded and we think they don't need to be. Keep in mind that cultures throughout the world have been using this same design for centuries without the padding. The Lucky Baby philosophy - KEEP IT SIMPLE!

**Wear and Care** Machine wash in cold water with like colors and line dry overnight. Drying the sling on medium heat will cause it to shrink approximately 1" total.