

Front wrap cross carry...

Make sure you and your baby are feeling calm, content and happy before trying your sling the first few times. Take your time to practise and allow your baby time to get used to being in the sling. You could also practise by using a teddy or doll, and checking in the mirror is useful.

The first few times your baby is in the sling, it is a good idea to take a walk to allow them to settle and get used to it.

Until you are completely confident with back carries we recommended you practise over a bed or another soft surface and have someone with you to help.

Key Points to Remember

1. Ensure a good 'seat' is created for your baby by tucking a good amount of fabric up under her bum and ensuring the fabric is spread knee pit to knee pit. Your baby should be in a spread-squat or 'M' position, with her knees at the same height or higher than her bottom/hips, to provide optimal positioning for knee and hip joints.
2. You should be able to kiss the top of your baby's head when she is on your front; if she is too low it may strain your back.
3. Ensure the carrier is tightened enough, supporting baby's back so that they do not slump or curl into a ball. Untie and re-tighten if you feel your baby is leaning too far away from your body or has slumped down in the carrier.
4. Make sure baby's face is not pressed in to your chest; you can gently turn their head to the side so their cheek rests against your chest should they fall asleep.



Front Wrap Cross Carry (FWCC)

Using a wrap can take a bit of practise. Choose one carry to begin with and practise that until you have mastered it. This way you will learn how to spread and tighten the fabric well. You can then move on to other carries with more ease. See our website for many more carries, hints, tips and links.



1 Find the middle of the wrap (there are markers to show this) and hold it in front of you.



2 Keeping the middle marker of the wrap aligned with the centre of your body, take hold of the top edge (top rail) an arms length down the wrap.



3 Pass it under your arm, across your back and over the opposite shoulder.



Repeat on the other side.



5 Tighten gently so the wrap is snug with enough room to pass your baby into the pouch in front of you. The tails should be equally long.



7 Pick up your baby and rest her against you.



8 Pass her legs through the wrap and start to lower her into the pouch you've created as you spread the fabric up her back.



9 Tuck a good amount of fabric under her bum, ensure it's spread knee-pit to knee-pit. Make sure she is in a good seated position with knees level with hips, or higher. Ensure fabric is spread right up to the back of your baby's head.



10 Grip one of the fabric tails between your knees to hold it securely. Keep one hand on your baby. Pull out the other wrap tail to tighten. Tighten each third of the wrap, (across the width of the fabric) so that there are no loose pockets: lower third (bottom rail or edge) to hold the seat, middle third to support the back to avoid slumping and top third (top rail or edge) to support upper body and neck. This will ensure that your baby is fully supported and it will keep your back comfortable.





12 Focus on tightening the top third (top rail). Repeat with the other side. You should end up with it feeling like a comfortably snug bandage.



13 Hold one end of the wrap tightly in each hand and bring them under your baby's bum and cross them over.



14 Then take the ends under her legs and bring them behind you.



15 Tie the wrap off behind you in a secure double knot. If the wrap is very long, bring it round again under your baby's legs and tie again under her bum.



16 For added support you can open out the crosses on each side.



18 Adjust the wrap for your comfort, and if you feel constricted around the neck pull the wrap away.



19 You're finished!



20 To get baby out: Open the crosses up....



21 Lift your baby out by her waist.



22 Rest her on your shoulder whilst you bring her legs out of the wrap.

Infant Front Wrap Cross Carry

For this newborn version you will follow the steps for regular FWCC (above) but you will twist the tails under baby's bum before tying. This will avoid overspreading her hips and having too much fabric beneath her legs.



1 Follow steps 1-13 above. Ensure baby is held so that she is mimicking the natural position upright in your arms, with knees tucked up and not too far apart. Make sure the wrap is well tightened and each end of the wrap is held snugly in each hand. Cross the ends over beneath baby's bum once.



2 Cross the tails over again to form a twist (this can be repeated if necessary, to keep the tails (rope passes) away from baby's feet).



3 Bring the tails to your back and tie in a secure double knot.



Safety

- Read all instructions before assembling and using the sling.
- Use common sense when using a sling: your baby's safety is your responsibility.
- Check your sling for any signs of wear and tear before each use. Stop using immediately if you notice any damage.
- Keep infant's face free of obstructions at all times and allow for head movement.
- Ensure that your baby has a good air supply, that there is no fabric over his/her face or mouth, and their chin is not resting directly on their chest – there should be at least two finger widths of free space between chin and chest. Premature infants, infants with respiratory problems, and infants under 4 months are at greatest risk of suffocation.
- Be aware of your baby's body heat when using a sling and avoid overheating. The carrier provides extra layers of

fabric and therefore warmth for you both as you share each other's body heat. You will probably need a layer or two less clothing than normal, but make sure your child has something warm for their legs and feet if necessary. Ensure your baby's head is well supported.

- Always tie securely with a double knot.
- Ensure proper placement of child in product including leg positioning.
- Never use a sling while your balance or mobility is impaired. Do not use while exercising, while drowsy, or with medication that could affect your ability to care for your child.
- Never use a sling while engaging in activities where your child could come to harm, such as cooking with a heat source, or cleaning where exposure to chemicals may occur.
- Never wear a sling while driving or being a passenger in a motor vehicle.
- Do not use in place of a car seat.
- Do not operate machinery, drive a vehicle or ride a bike when using a carrier.
- Do not leave a carrier around your child unsupervised.
- We do not recommend back carries until your child has good head control and is at least 4 months old.
- Do not position your child in the carrier so that their body is facing away from you.
- Take care when leaning forward - support your baby's head and bend at the knees, not at the waist.

Please visit the following websites for more carrier safety information:

<http://www.naturalmamas.co.uk/blog/sling-safety-with-younger-babies/>

<http://www.slingguide.co.uk/safetyadvice.php>

<http://www.naturalmamas.co.uk/wp-content/uploads/2012/03/TICKS2.pdf>