

Carry Position #1



Tummy-to-Tummy (from birth)

This position is well liked by most babies and can be used from birth. It is a particularly good position to ease symptoms of colic and reflux or when burping after a feed.

1. Put the sling with rings in corsage position
2. Adjust the main body of the sling to the right height – usually just above your navel for Tummy-to-Tummy position
3. Spread the fabric around the rings and loosen the top edge
4. Place your baby high up on your shoulder (in burp position) opposite the rings and be sure to support baby's weight until you are sure he is secure
5. Lower your baby into the sling while supporting his weight and let his feet come out the bottom– small babies may like their feet to stay inside
6. Ensure the pouch is under his bottom like a chair – the fabric should extend to the knees with the bottom lower than the knees
7. Keep baby supported while you pull on the tail to tighten the sling – when pulling the tail ensure that you pull out and down (not straight down) – the rings should be in corsage position
8. Spread the body of the sling across your baby's back and shoulders for support – for young babies, the top edge can come up around the back of the neck or head for complete support
9. If baby is not tight enough against you, pull on the part of the tail that leads to the top edge of the sling – pull out to the side to avoid twisting in the rings
10. For added comfort, pull out the fabric to cup your shoulder
11. To loosen the sling, simply pull up on the bottom ring and let the tail unthread a little – always ensure that you hold your baby's weight securely
12. To get your child out, follow the steps outlined in 'Getting Baby Out' – see page 9.