

Hip Carry (6+ months)

This position may be used once your baby has developed upper body strength and can sit up unassisted, usually around 6 months.

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 Hip Carry position
3. Spread the fabric around the rings and loosen the top edge
4. Place your child high up on your shoulder (in burp position) and lower him into the sling, letting his feet come right through
5. Rest your child on your hip with his legs straddling your hip – take care to support his weight 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
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. Spread the body of the sling across your child's back so the top edge comes up under his armpits or over his shoulders
8. If your child is not tight enough against you, pull on the part of the tail that leads to the top edge – pull out to the side to avoid twisting in the rings
9. For added comfort, pull out the fabric to cup your shoulder
10. To breastfeed in this position, simply loosen sling to lower baby enough to latch on
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

Carry Position #4

