

# Carry Position #5



## Toddler Back Carry (12+ months)

This position is recommended for children who have started to toddle and have good muscle tone. Only use this position once you are experienced with the sling and only then with a cooperative toddler who is use to riding in the Hip Carry position.

1. Begin in the Hip Carry position with the toddler toward the back of your hip
2. Cover your child's shoulders with the sling – the rings should be high up on your shoulder – even behind your shoulder
3. Lift your arm and put it in front of your toddler while you carefully slide her around to the back
4. Ensure the pouch is under her bottom like a chair – the fabric should extend to the knees with the bottom lower than the knees
5. Adjust the fabric around her shoulders, if not already
6. Ensure that you check that your child is secure by looking in the mirror or having a friend check
7. Pull the tail to tighten the sling - when pulling the tail ensure that you pull out and down (not straight down) – the rings should land either between your breasts or just above them – if you are breastfeeding, take care that the sling does not put pressure on your breasts
8. If your toddler resists this position, take her out immediately by scooting her back to the Hip Carry position – then continue to follow the steps as outlined in 'Getting Baby Out' – see page 9
9. Alternatively, you can squat down and let your toddler out the bottom, ensuring that she does not get tangled in the sling.