



BabyEtte



Wearing your baby in a Ring Sling

Bring the threaded sling over your head and nestle the pleats over your shoulder with the stitching on the top of your shoulder, with the tail hanging down in front. Be sure the fabric is centered over your shoulder, **not against your neck**, and not too far down your shoulder. Tighten the sling so that there is only enough room to slide your baby down into it.

Position your baby upright against your chest, reach under the sling with your opposite hand and support baby's bum while you bring the fabric up and over her bottom and back. Spread the fabric at least from the knees to shoulders.

Make sure there is fabric under baby's bottom. (Newborns may prefer to have their feet inside the fabric. There should be some fabric tucked under their feet/bum, between you and baby). Baby's legs should be in 'froggy' position.

Tighten by bringing excess fabric around to the front. Then, while holding baby up high with one hand, pull the tail up and then down to tighten. Further secure the fit by pulling the top edge of the tail to tighten fabric across the shoulders, then the bottom edge of the tail to tighten under baby's bottom. Hold baby's weight up off the fabric while tightening.

Once sling is tightened properly, the shoulder and rings will have been pulled down to a corsage position.

****IMPORTANT:** Check to ensure small babies have breathing room, and chin is **not** being forced towards their chest**



Transition to Nursing

First, loosen the sling by gently pulling up on the lower ring, allowing the fabric to loosen while holding baby's weight up with your hand. Move the baby so that his **legs are together** near your waist on the ring side of the sling. **His head will rest on the top edge near your breast opposite the rings.** Latch baby. Tighten the sling by pulling the top edge and bottom rails separately to get the support you need. **Make sure there is a layer of fabric running between baby's lower body & your body to support baby.** It's important to return to an upright position after nursing so as to monitor baby. **Do not** let a tiny baby sleep with their face against your body, such as after nursing.



Threading the Ring Sling

Fold the tail 'accordion' style and pull it through both rings. Pull the tail back through only the top ring, just like threading a belt. Spread the fabric evenly through the rings.



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