

# Double Hammock



**Age:** four to five months, (good head control) **Wrap Sling Size:** from size 6



**1** Place baby on your hip and put the wrap around her. Lead the rear part of the wrap across your back and up over the opposite shoulder.



**2** Next, slide your baby around onto your back while you pull on the end hanging down in front of you. Make sure your child is sitting deep in the wrap.



**3** Hold your baby securely with one hand. The center table (mein Mittelpunkt) should be near your hip.



**4** While you cross the ends of the wrap make sure that the fabric lies flat on your chest.



**5** Now hold one wrap end (the end that is over your shoulder) securely between your knees ...



**6** ... while you lead the other end behind your back and under baby's bottom.



**7** Spread the end coming from your front ...



**8** ... wide across your baby's back.



**9** Pull up on both ends to tighten the wrap ensuring the fabric is smooth and snug around baby's back.



**10** Bring both ends over each of your shoulders to the front ...



**11** ... and pass them under your arms. Then lead the ends over baby's legs, behind your back. Be sure to always hold the ends securely.



**12** Cross both wrap ends under your baby's bottom ...



**13** ... and bring them under her legs, back to your front.



**14** Tie the ends, to finish.



**15** Make sure your baby is sitting deep in the wrap.