

DIDYMOS Baby Wrap Sling

Carrying Instruction



Only use this carrier
for children between
3,5 kg and 20 kg.

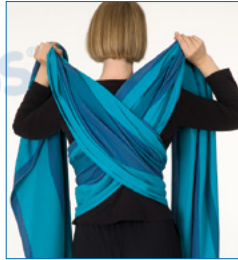
Wrap Cross Carry®



Age: from birth **Wrap Sling Size:** from size 6



1 Put your **DIDYMOS** wrap sling around your waist like an apron.



2 Cross the tails at your back without twisting them.



3 Bring the tails over your shoulders to your front, so they hang down loosely from your shoulders.



4 Spread the horizontal fabric strap to make sure nothing is twisted.



5 Position your baby in the pouch at your waist. The bottom rail should be at the back of your baby's knees.



6 Hold your baby tightly and spread out the fabric until the top rail reaches your baby's neck.



7 Then tighten the cross bands by pulling first on the inner rails, ...



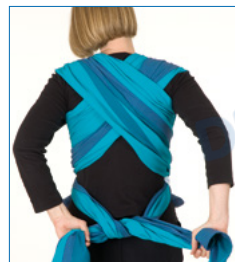
8 ... then on the outer rails. Always hold your baby with one hand.



9 Bring both firmly tightened tails down along your baby's sides, cross them under her bottom ...



10 ... and bring them under his straddled legs, around to your back again ...



11 Tie the tails at your back with a flat reef knot.



12 Ready to go!



13 To give your baby additional support, spread out the cross bands, too: First the inner band then the outer one.



14 If you like, you can spread the fabric on your shoulders to distribute the weight more evenly.

Kangaroo Carry



Age: from birth **Wrap Sling Size:** from size 4



1 Lay your baby in the middle of a **DIDYMOS** sling spread out on a table, with the top rail lying under her head.



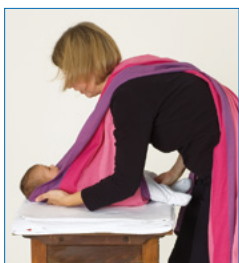
2 While leaning forward, put one sling tail over your shoulder; at the same time ...



3 ... put your free hand under the other sling tail and pull the bottom rail up to the back of your baby's knees.



4 Now bring the other tail over your other shoulder.



5 Hold your baby's head with one hand and, with the other hand supporting her back, ...



6 ... lift your baby up in the sling and settle her against your chest while leaning back slightly.



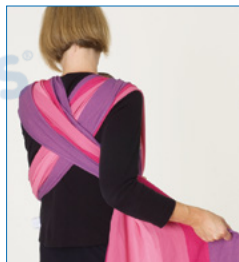
7 Pull on the top rail on each side of your baby's head to tighten it - one hand always holding your baby securely! - ...



8 ... then cross the tails behind your back ...



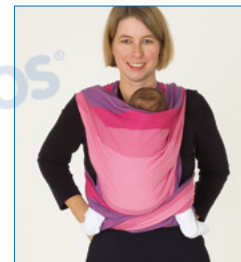
9 ... and bring them around to your front again.



10 Tighten each of the tails with one hand (the other holding baby) by pulling on the rails ...



11 ... then cross the tails under your baby's bottom and bring them under her legs ...



12 ... and around to your back again where you tie them.



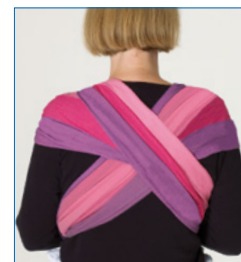
13 Cross the fabric over both shoulders by flipping the rail closest to your neck under the outer rail and down over your upper arm.



14 Finally, push your baby's legs up a bit to make sure she is sitting in the correct frog-leg position, her back rounded and securely held in the **DIDYMOS** sling.



15 If your sling is not long enough to tie at your back, you can tie the tails under your baby's bottom.



16 The fabric on your back should be spread out flat.

Cross Carry



Age: eight to ten weeks **Wrap Sling Size:** from size 5



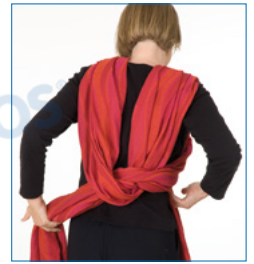
1 Lay your **DIDYMOS** sling over your shoulders so that there is a loop behind your back (reaching down to your waist) ...



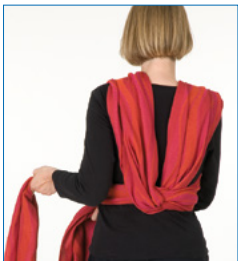
2 ... and so that one sling end is about 30 cm longer than the other. Now cross the longer end over the shorter one, ...



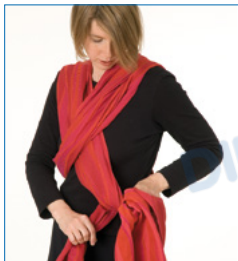
3 ... lead it to your back ...



4 ... and pull it through the loop on your back.



5 Take the shorter sling end and ...



6 ... tie both ends together at your side with a flat reef knot or an adjustable sailor's knot.



7 Take the fabric cross with both hands and pull it down.



8 Lean your baby against your shoulder supporting baby with one hand and, with your free hand, pull baby's leg out through one of the fabric straps.



9 Now change shoulders and do the same with the other leg through the other fabric strap.



10 Hold your baby securely until you have stretched the fabric over its back.



11 First the inner fabric width, then the outer one each of them reaching from one back of baby's knees to the other.



12 Check if your baby is sitting closely snug against your body – otherwise adjust the knot to be tighter.



13 Either spread the fabric widely over your child's back up to the neck or, if the child is older, leave both arms free.

Double Cross Carry



Age: eight to ten weeks **Wrap Sling Size:** from size 6



1 Bring your **DIDYMOS** sling around your waist from behind with the middle marker in the middle of your back.



2 Cross the tails in front of your chest without twisting them and ...



3 ... bring them over your shoulders to your back.



4 Cross the tails again and bring them to your front.



5 Now bring the tails up through the fabric bands at your sides.



6 This will allow you to adjust the sling later on.



7 Pull the cross down with both hands.



8 Rest your baby on your shoulder and gently lower her into the inner cross, pulling her leg out through the cross with your free hand.



9 Switch shoulders and do the same thing with the other leg and the outer cross.



10 Now spread both crosses under your baby's bottom and across her back. Start with the inner cross, ...



11 ... then spread the outer one – each of them should reach from the back of one of your baby's knees to the other.



12 Push her feet up slightly to make sure she is in the perfect frog-leg position.



13 To get a perfect and tight fit, grasp the rails on each side and push your elbows against the fabric.



14 Instead of wrapping the tails around the bands at your sides you can also tie them together at your side or in front of you.



15 Young babies and sleeping children often like to be wrapped up completely; the inner cross serves as a perfect head support and sun cover.



16 When your child is a bit older and wide awake, he may enjoy having her arms out in this carry.

Hip Carry



Age: about twelve weeks **Wrap Sling Size:** all



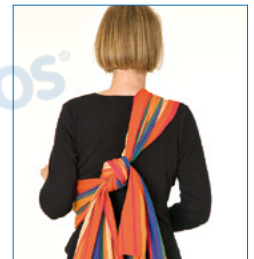
1 Lay your DIDYMOS sling on one shoulder, with the middle marker at your shoulder ...



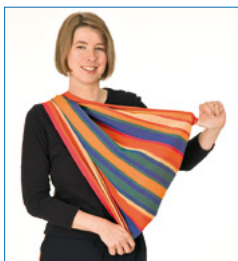
2 ... tie the tails together at the opposite hip and ...



3 ... tighten both tails by pulling them through the knot.



4 Shift the knot to your back and ...



5 ... spread out the sling in front of you to make sure the fabric is not twisted.



6 Rest your baby against your free shoulder ...



7 ... and let your baby slide into the fabric, onto your hip.



8 Your baby is now sitting on the band of fabric – her legs spread.



9 Pull the top rail up over your baby's back, leaving the bottom rail under her bottom, spread to her knees.



10 Cross the sling over your shoulder by flipping the rail closest to your neck over the lower rail and down over your upper arm.



11 Now your baby is sitting on your hip with her legs straddled and knees up, in the correct spread-squat-position.



12 Her bottom is lower than his knees, one leg in front of your belly, the other one on your back.



13 Instead of flipping the top rail over the lower rail, you can also pull the top rail under the bottom rail and then pull it down over your upper arm.

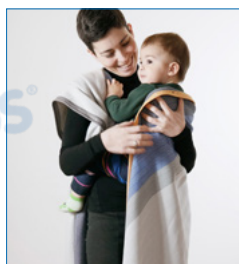
Rucksack Carry



Age: four to five months, (good head control) **Wrap Sling Size:** from size 4



1 Spread your baby sling evenly over your shoulder, one tail hanging in front, and the other spread diagonally across your back.



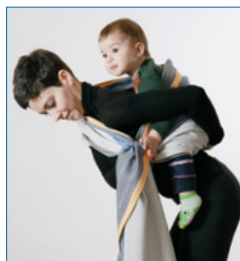
2 Settle your child on your hip.



3 Pull the back part tight over baby's back.



4 Put your hand under your baby's bottom, and...



5 ... bring your baby (with the sling still around her) under your arm and onto your back.



6 Now hold one wrap end securely between your knees and ...



7 ... pass the other strap over your shoulder.



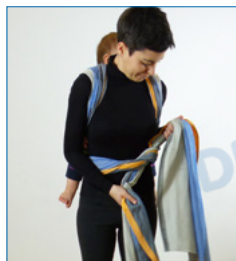
8 Bring the straps around to the back with tension over the baby's legs.



9 Cross them under your baby's bottom, ...



10 ... and bring them under her straddled legs, and back around to the front.



11 Then tie a double knot.



12 Take the waist belt up and pass it up under the arm strap...



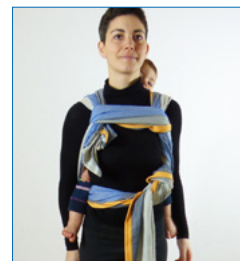
13 ... over your chest to the other side through the strap ...



14 ... from the outside to the inside. Pull the end tightly from the top behind the vertical band on your chest.



15 Position your baby correctly by pushing her legs up.



16 Now you are ready to go.

WRAP CROSS CARRY ON THE BACK

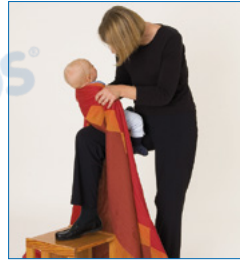


Age: four to five months (good head control)

Wrap Sling Size: from size 6



1 Rest your foot on a footstool to create a seat for your baby.



2 Put the fabric around your baby with the middle marker at the back of her neck, and sit her on your bent leg.



3 Put your hand under your baby's bottom, and ...



4 ... bring your baby (with the wrap sling still around her) under your arm and onto your back.



5 Lean forward and hold your baby firmly with one hand.



6 Pull the lower fabric edge down under baby's bottom. Make sure the fabric is spread from knee to knee.



7 Hold the tails nice and tight while you do this.



8 Tie the tails at your chest with a single knot, and ...



9 ... throw one tail over your shoulder to your back, ...



10 ... and hold your baby and the tail firmly with one hand. Then do the same with the other tail.



11 Tighten both tails, ...



12 ... cross them under your baby's bottom and bring them under her straddled legs, around to your front ...



13 ... and then tie a knot.



14 Your baby is now sitting on your back with her legs straddled, and is securely supported in the DIDYMOS baby wrap sling.



15 If you want extra support, you can spread out the crosses.

Double Hammock



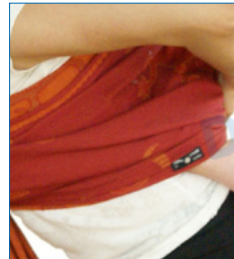
Age: four to five months, (good head control) **Wrap Sling Size:** from size 6



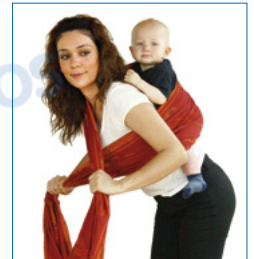
1 Place baby on your hip and put the wrap around her. Lead the rear part of the wrap across your back and up over the opposite shoulder.



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 label (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.