

Hip Carry

VARIATION FOR LONG SLINGS



Age: about twelve weeks **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 The middle marker should either be at your shoulder or a bit behind it.



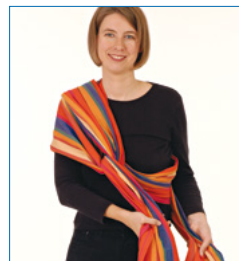
3 Cross the tails in front of you, with the tail at your front under the one from your back.



4 Wrap the front tail around the other one and bring it over your shoulder to your back.



5 Bring it diagonally across your back and to your front again.



6 Both tails should be about the same length and at your front, and the point where the tails were looped around one another should be at your chest.



7 Tie the tails with a single knot, but loosely enough ...



8 ... to leave room for your baby. Make sure the fabric is not twisted.



9 Let your baby slide from your shoulder into the sling and reach under the fabric with your free hand to guide her underneath both bands of fabric.



10 Spread out the upper band of fabric (the one without a knot) until the bottom rail reaches to the back of your baby's knees and the top rail to her shoulders.



11 Now you can untie the knot and tighten the "pouch" in which your baby is sitting.



12 Then tie a double knot underneath your baby's bottom.



13 Your baby should now be straddling your hip, one leg in front of you, ...



14 ... and the other leg behind you. Finally, check again the correct spread-squat position: baby's knees higher than his bottom, legs squatted, back supported all around.