

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.