

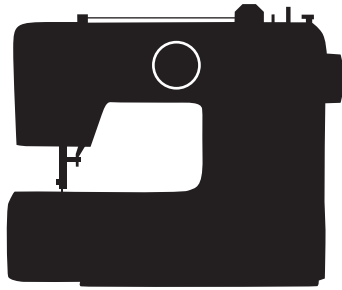
# How To Make A Mobius Sling

Carrier concept by Olena Blumberg - Tutorial by Alyssa Leonard

## You Need:

Approximately 30" wide and 2 yards long  
Approximately 75cm wide and 2 meters long  
  
Exact length calculated in first few steps of tutorial!

This fabric is:  
without any stretch  
thick like men's pants  
natural fibers like cotton or linen  
machine washable



### Sewing Machine

It is NOT recommended to hand-sew weight bearing stitches.  
Any basic full size machine should be fine.



### Sewing Machine Needle

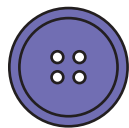
Heavy Duty or Denim Needle  
Size 14-16

Start with a new needle and have backups!



### Thread

Regular All Purpose  
100% Polyester  
Gutterman is a good recommended brand!



### Optional:

Something to mark the "top edge" of the sling.  
A small scrap of ribbon, fabric markers,  
a small button, or something similar.

## Symbols:

 sew here

 stitching from previous steps

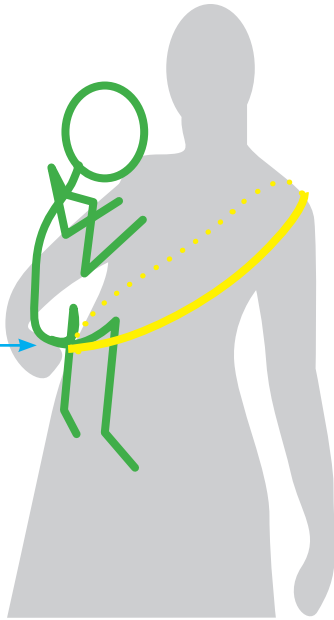
## Step 1: Measuring for your sling

Pouch slings must be carefully sized to the wearer. A too-small sling is unusable, and a too-large sling is unsafe and uncomfortable.

Measure in a loop around the crest of your shoulder, around your torso, down to where you want baby's bum to be. This will be centered and high on your torso (likely at the bottom of your ribcage) for a small baby, and may be much lower (closer to your hip bone) and off center for a bigger baby who is sitting up on their own or a toddler.

This measurement will likely be somewhere in the range of 45-65 inches or 115-165 centimeters, but could be outside of this range if you are much smaller or much larger than average.

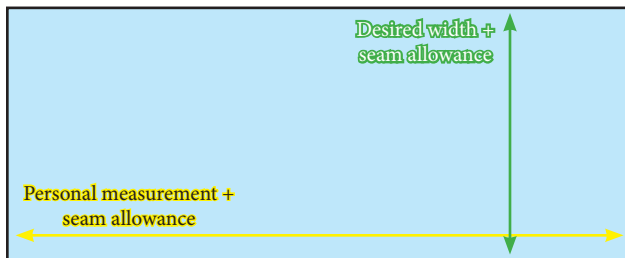
Desired location for baby's bum.  
Hip or natural waist for older baby or toddler.  
Front and center above waist for a smaller baby.  
Toddler size shown.



## Step 2: Cut your fabric

Add 2 inches or 5cm to the measurement from the above step. This will be your seam allowance for the french seam that will join the fabric into a loop.

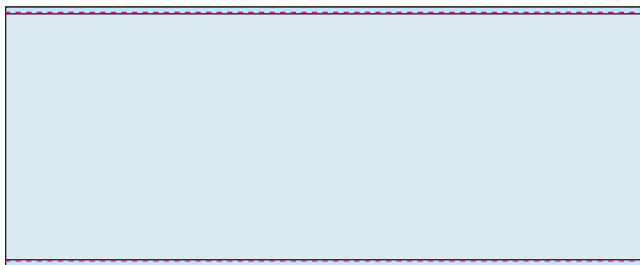
Cut your fabric to width, adding about 2 inches or 5cm for a hem seam allowance. A finished pouch sling can be as narrow as 20 inches or 50cm, but I find that a wider 30 inch or 75cm wide sling to be better. The extra width bunches along the rails and provides extra cushion.



## Step 3: Hem the long edges

Unlike a regular pouch sling, with a Mobius Sling, you'll need to hem before sewing the seam.

Fold each long edge over 1/2 inch or 1cm, press the fold, fold a second 1/2 inch or 1 cm, press, and then sew a straight line of stitching along the inner fold.

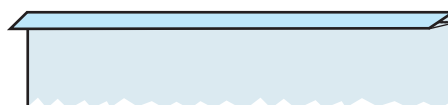


### Hem Detail:

Fold and iron



Fold again and iron. Pin or clip if desired.



Sew.

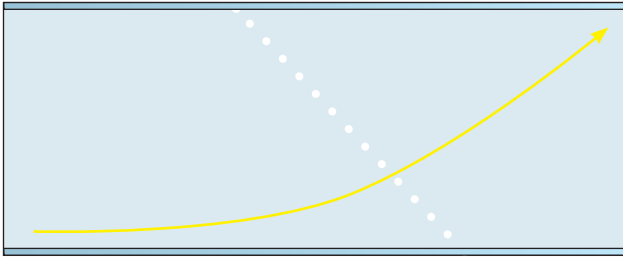


## Step 4: Twist & Fold

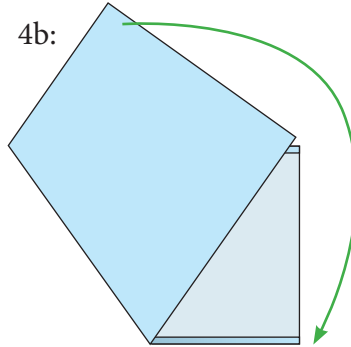
To fold the fabric so that it has the correct single twist, start by bringing the bottom left corner up to the top right corner. (4a.) Once you have done this, hold those two corners together while bringing the opposite two corners together. (4b) The long hemmed edges will be going through the twist, and the two unhemmed short edges will be lined up together. (4c) The two layers of fabric on this edge will both be wrong side up.

Line up the raw edges as neatly as possible and pin them together. Once they are pinned, you can push the “twist” further toward the folded end so that the pinned edge lays as flat as possible. (4d)

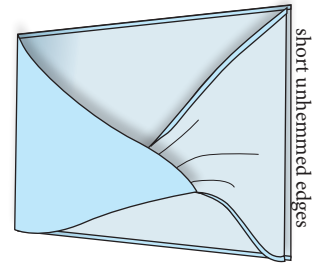
4a:



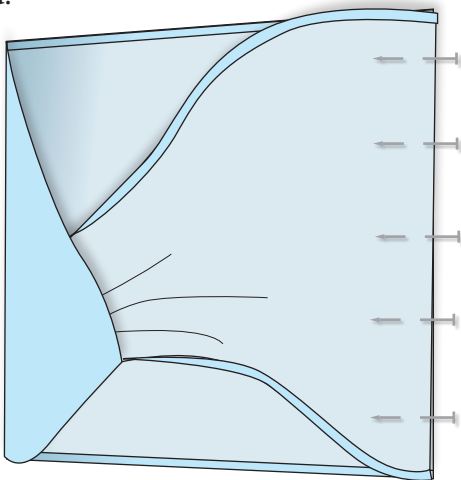
4b:



4c:



4d:



## Step 5: Draw and cut the curve

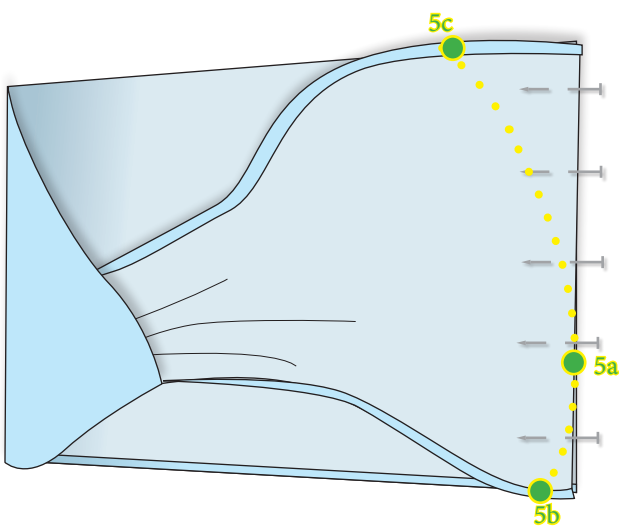
The full width of the sling will be very close to the bottom edge, approximately 6 inches or 15cm up from the bottom. (Marked 5a)

The bottom edge needs to come in approximately 2 inches or 5 cm from the raw edge. (Marked 5b)

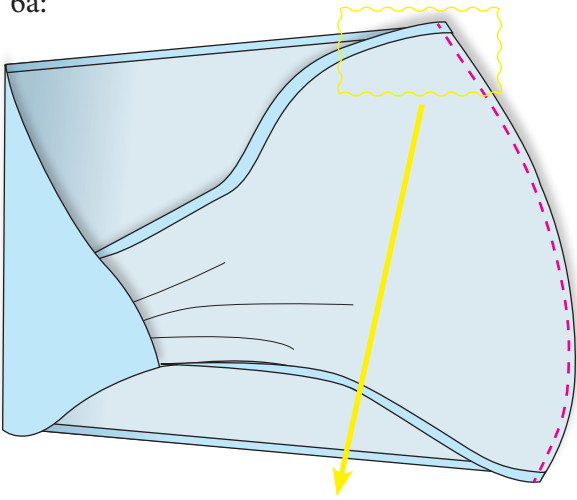
The top edge needs to come in approximately 5 inches or 12cm from the raw edge. (Marked 5c)

Mark these points. Draw a soft curve connecting them, and then cut off the excess. (If you are working with a looser woven fabric like a woven wrap or a jacquard tablecloth, you may want to run a tight zigzag stitch just along the outside edge of the curve and then cut outside the zigzag. This will keep the seam from unraveling from the inside.)

(Optional: before cutting, sew along the line with a long basting stitch, and try it on with baby. Adjust the curve if needed. The basting stitch is NOT weight bearing, so keep a hand on your baby at all times.)



6a:

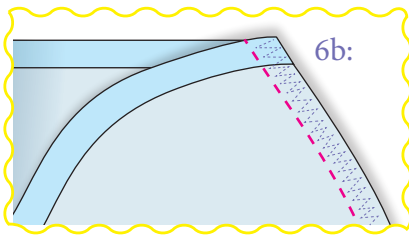


## Step 6: Sew a French seam

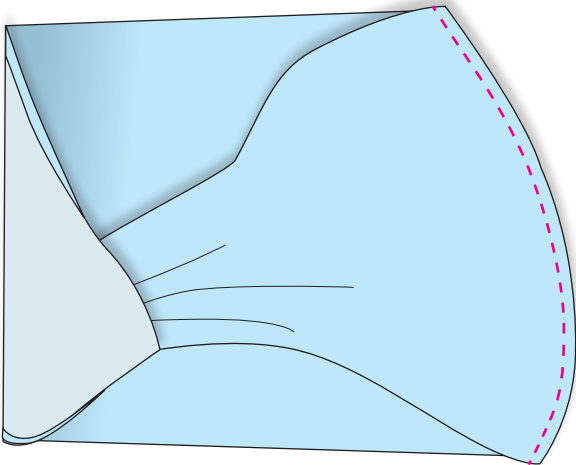
Since this seam is extremely weight bearing, you want a reinforced seam. You can do either a flat felled seam or a french seam, but I personally find a french seam easier to sew along a curve.

First, sew your two raw edges together along your cut curved edge, approximately 1/4" or 1/2cm from the edge, making sure to backstitch the beginning and end of your line of stitching (6a) If you are working with a woven wrap or a loosely woven tablecloth and you did the optional zigzag stitch in the previous step, sew just along the inside of the zigzag so that the zigzag takes up the seam allowance. (6b)

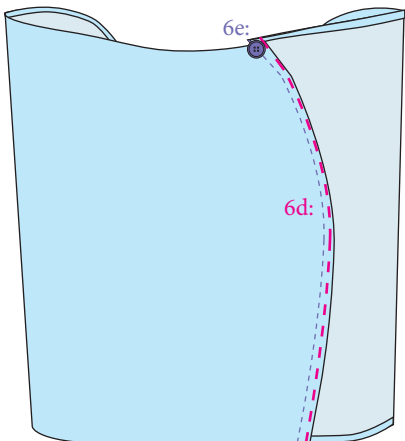
Once you finish this line and trim the ends of your thread, turn the sling inside out so that the raw edges of the seam are on the inside of the fold. Press this seam flat with an iron, poking the curve out with your fingers from the inside of the sling (do not iron your fingers!)



6c:



Sew another line of stitches approximately 1/2" or 1cm from the folded edge. (6c) Make sure that this seam allowance is WIDER than the one for the previous step, so that the raw edge will be completely encased!



Optional:

If you want the seam to lay flat instead of having a ridge that stands up straight, lay it down flat to one side, press it flat with an iron, and stitch it down flat. (6d) This has the added benefit of adding a 3rd line of reinforcement stitching!

Also optional:

Mark the top edge (the one that curves in further) with a small ribbon, tag, or button, so that you can keep track of which end is up when using it. (6e)

## Step 7: Putting it on and wearing

To put the sling on, make sure the top edge of the curved seam is upwards, and put the sling on over one shoulder and under the other, with the seam in front of you. The seam should be wherever baby will sit: centered on your body for a small baby, and typically off to the side that goes under your arm for a larger baby or toddler. Smooth out the sling so that the only twist is either right on top of or behind your shoulder.

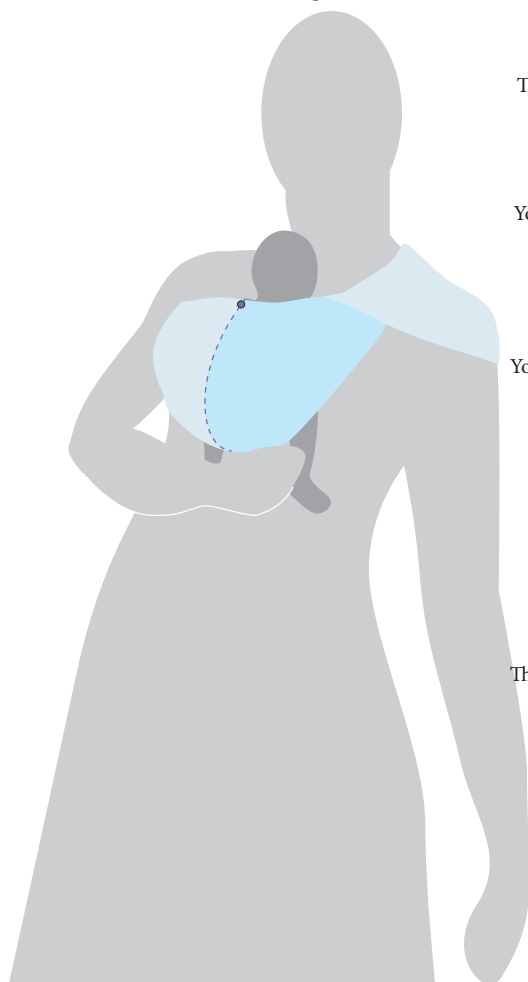
You can load baby into the sling from the top or bottom. Holding the top edge up at baby's neck (for a smaller baby) or right under their armpits (for an older baby or toddler who can sit up independently), position their knees up into an ergonomic "M" position, and then pull the remaining width of the fabric down and tuck it under their bottom. The fabric should support from one knee all the way to the other.

While still using one hand to hold the top edge in place and support most of baby's weight off the sling, use your other hand to move the twist down toward your collarbone, spreading the fabric down across your shoulder and capping the shoulder. Experiment with where the excess width on the shoulder feels best; for me, I prefer most of the excess width bunched at the bottom across the top of my arm, and just a little bit bunched up by my neck.

At this point, you should be able to relax the hand that is supporting baby's weight, and they should settle into a good seat, with their knees and bottom supported evenly and their spine held in a natural curved position. Their chest should be held gently but firmly against you. If they can lounge back and create a lot of excess space in between their chest and yours, the top edge of the pouch is too big. If they are sitting lower than you would naturally carry them in an upright position, the whole pouch is too big.

*Safety note: while it is absolutely possible to safely use a pouch sling for a cradle-style carry that does not hold the baby in a fully upright position, it can be tricky to make sure that this style of carry is done correctly to ensure that baby's airway is protected. I would recommend only practicing this position with an experienced educator in your local babywearing group. Likewise, when wearing a newborn, it is helpful to work with an educator who can assure that the baby's body is properly positioned and the airway is open.*

### Newborn Positioning:



#### Tight

The carrier should fit snugly. You should not feel the need to support baby with your hands.

#### In View

You should clearly be able to see your baby's face. It should not be obscured, hidden, or covered with fabric.

#### Close Enough to Kiss

You should be able to kiss your child on the top of the head without straining your neck.

#### Keep Chin Off Chest

You should be able to easily fit two fingers between baby's chin and their chest to make sure their airway is not closed off.

#### Supported Back

The carrier should thoroughly support the natural curvature of the spine.

### Toddler Positioning:

