



Everyday Babywearing
Facebook Group



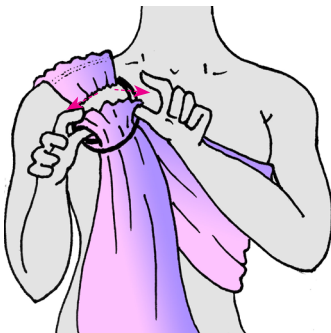
Seat-making tips in a ring sling
- BiofAtlanTa



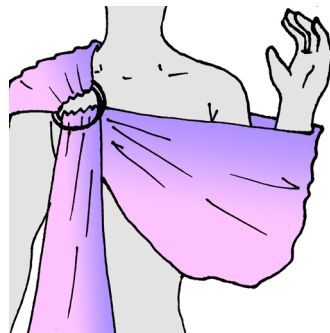
Newborn ring sling 'classic'
- Wrapyouinlove

Helpful References

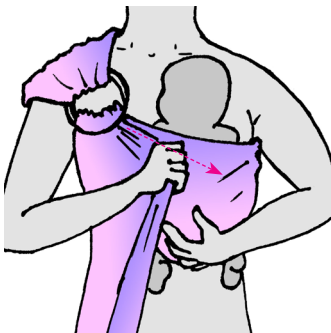
Using Your Ring Sling



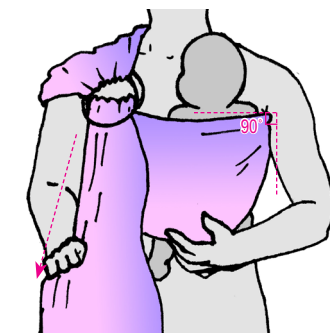
1) Start with rings on your shoulder, with the fabric spread across your back. Bring the tail up through the rings, then over the first ring and under the second. Pull it snug and then stick your thumbs in the part over the first ring and use your index fingers to walk the fabric straight.



2) Place the rings at "corsage" position with the fabric capping your shoulder from neck down the top of your arm. There should only be enough slack for baby - no extra. Use your arm to gauge space. *(If you struggle with the rings ending too low, you can start the rings up high on top of your shoulder.)*



5) If there is still extra slack, use your hand opposite the ring side to lift baby's weight up and your ring-side hand to pull the top rail horizontally behind baby's neck. Pulling straight down can cause the fabric to bunch in the rings.



6) Tighten the bottom rail or the middle third of the sling by lifting baby's weight off the rings and pull the outside or center of the tail straight down and slightly away from your body. The rail from rings to your armpit should be completely horizontal.

The T.I.C.K.S. Rule for Safe Babywearing
Keep your baby close and keep your baby safe. When you're wearing a sling or carrier, don't forget the T.I.C.K.S.

✓ TIGHT

✓ IN VIEW AT ALL TIMES

✓ CLOSE ENOUGH TO KISS

✓ KEEP CHIN OFF THE CHEST

✓ SUPPORTED BACK

TIGHT - slings and carriers should be tight enough to hug your baby close to you as this will be most comfortable for you both. Any slack/loose fabric will allow your baby to slump down in the carrier which can hinder their breathing and pull on your back.

IN VIEW AT ALL TIMES - you should always be able to see your baby's face by simply glancing down. The fabric of a sling or carrier should not close around them so you have to open it to check on them. In a cradle position your baby should face upwards not be turned in towards your body.

CLOSE ENOUGH TO KISS - your baby's head should be as close to your chin as comfortable. By tipping your head forward you should be able to kiss your baby on the head or forehead.

KEEP CHIN OFF THE CHEST - a baby should never be cradled so their chin is forced onto their chest as this can restrict their breathing. Ensure there is always a space of at least a finger width under your baby's chin.

SUPPORTED BACK - in an upright carry a baby should be held comfortably close to the wearer so their back is supported in its natural position and their tummy and chest are against you. If a sling is too loose they can slump which can partially close their airway. This can be helped by placing a hand on your baby's back and pressing gently - they should not wobble or be positioned in a way that a cradle carry in a pocket or ring sling should be positioned carefully with their bottom in the deepest part so the sling does not fold them in half pressing their chin to their chest.