

Slinglings™

*Stylish, Comfortable*  
**Baby Slings**



**Safety, Care and Wearing Instructions**

Please read before using your sling



Thank you for your purchase! Slinglings baby slings are the ideal choice for today's active parents who want to live their lives, and bring their baby along for the ride. They're great for newborns who want to snuggle in close and take a nap, and for older babies taking in the sights and sounds of the world.

Slinglings' sleek, compact design offers a convenient, hands-free way to carry your baby in style. Without rings, snaps, or buckles to adjust, Slinglings are the easiest, most comfortable sling available on the market today. After trying your sling, we're sure you'll agree that "Every Baby should be a Slingling!"

We sincerely hope that you and your baby enjoy your new sling. We strongly believe that babywearing leads to a more secure, happy baby and makes parenting easier. If you have any questions, please visit the [Slinglings.com](http://Slinglings.com) web site. We'd love to see a picture of you and your Slingling! Please email photos or questions to us at [info@slinglings.com](mailto:info@slinglings.com).



**Have Questions?**

**Email us! [info@slingings.com](mailto:info@slingings.com)**

**or call 1-800-887-1461**



# Safety Guidelines

Read and follow the instructions in this booklet before you use your sling.

- DO NOT use a sling until you have read and fully understand the safety instructions.
- Slings are designed to carry full-term babies (over 37 weeks gestation) weighing 6 lbs (2.8kg) or more. We recommend a maximum weight of 35 lbs (16kg).
- Use common sense. While learning to use a pouch sling keep a hand on your baby at all times.
- Ensure that your baby is positioned in the sling according to the directions.
- Use the correct size sling. A sling that is too large is less secure and makes it difficult to position the baby correctly.
- Use carrying positions that are appropriate for your baby's age and development.
- Use the sling hands-free only with a cooperative baby.
- Do not leave a sleeping baby alone while enclosed in the sling.
- Keep a hand on your baby while bending. Bend at the knees, not your waist.
- Check your sling before each use for weakening seams or fabric. Email [info@slings.com](mailto:info@slings.com) if you need your sling repaired.
- Do not use your sling in situations that could harm your child. Be cautious around hot or sharp objects.
- Whether you carry your baby in your arms, or in a baby carrier, there is always the possibility that an accidental trip or fall could result in injury to you or your baby. Please be careful when walking on stairs, wet, slippery, or uneven surfaces.
- If you have any concerns or questions about the safe usage of your Slings baby sling, please do not use your sling until your questions have been answered. Please email your questions to [info@slings.com](mailto:info@slings.com) or call us at 1-800-887-1461.

If you lend, sell, or give away your Slings baby sling, please include a copy of our Safety, Care and Wearing Instructions. You can download a PDF copy of this instruction booklet at:

**<http://www.slings.com/instructions.pdf>**

In addition, you can view our wearing and safety instruction web pages at:

Wearing instructions: **<http://www.slings.com/instructions.html>**

Safety web page: **<http://www.slings.com/safety.html>**

For more help, please contact us. You can email us a photo of how you're using the sling and we will be happy to give you personalized advice. Email your photos to [info@slings.com](mailto:info@slings.com).

The safety of your baby is the responsibility of the wearer.  
Neither Slings Baby Slings LLC, nor any of its distributors,  
can be held responsible for accidents due to misuse or inexperience.

## Newborn Safety



When cradling a newborn in a sling it is important to make sure that the infant is positioned correctly.

When using a sling with a newborn, the most important safety issue is to ensure that the baby's airway is open at all times. Failure to follow these guidelines could result in injury or death.

For a safe babywearing experience with newborns, please follow the following rules:

1. Baby should not be curled tight "chin to chest" because this position can partially close baby's airway. When correctly positioned, there should always be at least one finger's width of space under baby's chin.
2. Baby's face should NEVER be pressed against the sling fabric. No matter how breathable a fabric looks, if it is difficult for you to breathe through the fabric it will be difficult for baby as well.
3. Baby should not be rolled so that his face is pressed tightly against the parent's body. Position baby's face upward when he or she is not actively nursing. When nursing, ensure that baby's nose is not blocked.
4. Babies born with a low birth weight (less than 5.5 lbs) or prematurely can have respiratory problems and low muscle tone. It is best to wait until they are more developed, and reach 6 lbs (2.8kg) before carrying them in a pouch baby sling.

Often parents assume that if the baby has difficulty breathing he will fuss or cry. The majority of infants will protest if they are struggling to breathe; however newborns, babies born prematurely or infants with low tone or developmental delays may not communicate their distress. Check your baby's breathing often. An infant should be repositioned if he is having any sign of respiratory difficulty. Symptoms include: rapid or labored breathing, grunting or sighing with every breath and/or restlessness.

See page 8 for additional newborn tips.

The baby's face should not be pressed into fabric or the wearer's body.



**WRONG**

The baby's face is turned toward the fabric which could obstruct his breathing. Check baby often to ensure she is positioned correctly and her airway is not blocked.

The baby's chin is against his chest.



**WRONG**

The baby's chin is pushed to his chest. Reposition the baby and ensure that there is at least one finger's width of space under baby's chin.



**CORRECT**

With a properly positioned infant, the baby's body should be in a reclined seated position and the baby's face should be positioned upward and visible. See page 8 for additional newborn tips.

## Does it fit?

A proper fitting pouch sling should fit snugly. The size of the sling is based upon the size of the person wearing it, not the size of the baby. Most people can wear the same size sling from birth until the baby is 35 lbs. The lowest point of the sling when the baby is in it should be at the wearer's belly button level or slightly below. It is more comfortable to wear a sling that is snug rather than loose. If you can get the baby into the sling but it feels uncomfortably tight, then you need to go up ONE size only. If you cannot get the baby into the sling at all, then you need to go up at least TWO sizes. It is common for some new sling owners to think their sling is too small, when it is in fact the correct size. If you can get the baby in, and both you and the baby are comfortable, it is likely that you have the correct size.

### HIP CARRY



- The baby hangs too low and feels insecure.
- The sling slips off your shoulder
- The baby's weight is not distributed evenly and is focused more on your shoulder.
- Your lower back may become fatigued or achy sooner.
- You may feel the need to support or hold on to the baby.
- The baby can lean back or from side to side too much.
- It is difficult to position a newborn correctly in the cradle carry.

### Too Large

### CRADLE CARRY



### Correct Size



- The baby feels snug and secure. You feel confident that you can use the sling hands-free.
- The lowest point of the baby is at your belly button level or slightly below.
- The sling caps the outer part of your shoulder perfectly.
- The baby's weight is evenly distributed across your shoulder, back and hip.



### Too Small



- It is difficult or impossible to get the baby in.
- The baby feels too high on your body.
- The sling is too close to your neck, digs into your shoulder and/or your opposite underarm.
- The sling feels uncomfortably tight to you or to the baby.





1 This is your unfolded sling.



2 Find the curved seam.



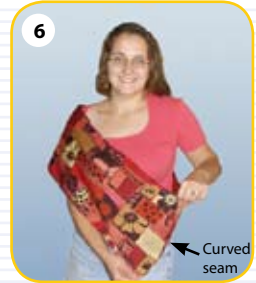
3 Fold your sling in on itself lengthwise to form a tube.



4 The curved seam should be down. Put your arm through, with the folded edge toward you.



5 Put the sling over your head and rest it on your shoulder.



6 When using the hip carry, the curved seam should be in front of your hip. When using the cradle carry, the curved seam should be centered in front of you. The opening of the sling should face up.

**PADDED SLINGS:** If you have a padded sling, the chosen carrying position determines where to put the padding. The primary purpose of the padding is to cushion the baby's legs when in the hip carry.



When wearing a padded sling in the cradle carry, the Slingings tag will not be visible on the outside of the sling. The tag will face in toward your body.

When using the cradle carry, the padded rail should be on the outside of the sling. The padding can provide head support.

Baby's bottom is at wearer's belly button level

In the hip carry, the Slingings label will be visible on the baby's back.

In the hip carry, the padding goes in the bend behind the baby's knees and cushions the baby's legs.

The fabric is spread wide and flat over the shoulder, and not bunched up by the neck.

## CRADLE CARRY

In the cradle and kangaroo carries, the padding should be on the outside rail.

## HIP CARRY

In the hip carry, the padding should be on the inner rail nearest the wearer's body.

# Cradle Carry • Birth up to 6 months *(depending on the size of your baby)*

Use the cradle carry for babies approximately 6-18 lbs. You can wear your sling on either shoulder. These instructions assume that the sling is on your left shoulder.



Put your sling on with the seam centered in front of you. For small newborns, pull the inner rail up high on your chest in order to reduce the depth of the pouch. If you have a padded sling, the padding should be on the outer edge.



Cradle your baby in your arms above the opening of the sling. Locate the curved seam.



Hold your baby in your left arm as you open the sling with your right hand. Make sure the inner rail is between your chest and the baby.



Lower your baby into the sling with her bottom lined up with the curved seam.



Your baby should be in a semi-reclined position.



Your baby's head can be supported by the outer rail of the sling.

# Tips for carrying newborns

If you have a tiny newborn and you feel as though your baby is getting “lost” or “scrunched” in the sling, here are a few pointers:

- We recommend that you wait until your baby is 6 lbs (2.8kg) or more before carrying him in a pouch sling.
- Make sure you have the correct size sling! (See page 5 for sizing information) If your sling is too big the baby can sink deep into it and get scrunched, “chin to chest”. This makes it difficult for the baby to breathe and may make the baby fussy. Please take time to review the “Newborn Safety” section on page 4 of this booklet. If your baby’s chin is being held to his chest, please remove the baby from the sling and reposition him. If your sling is too large you’ll need to exchange it for a smaller size. It is common for new parents to believe their sling is too small when their new baby gets scrunched up, when actually the sling is too big.
- Put your sling on, position the seam in front. But before putting the baby in the sling, pull the inner rail of the sling high up on your chest. This will lower the outer rail and make the pouch shallower. This will prevent the baby from sinking down into the pouch. See photo 1 on page 7.
- After trying all of the above, if you feel that you have the correct size sling and your baby still needs additional support, or is sinking too far down into the sling, you can place a thin folded receiving blanket in the sling from under the baby’s bottom to his shoulders. This will help lift his chin off of his chest. The blanket should not be behind the baby’s head as this may tilt his head forward.
- Please always keep your baby’s face in view and ensure that the fabric does not cover his airway. You may need to experiment by adjusting the baby’s position inside the sling until he is positioned properly. Practice makes perfect!
- Put your baby into the sling bottom first, not feet first. Most babies like to be in a semi-reclined seated position, not lying down horizontally.
- Check your baby’s position in a mirror.



Place a thin folded receiving blanket in the sling from baby’s bottom to his shoulders.

For a tiny newborn, before putting the baby in, pull the inner rail high up on your chest to reduce the depth of the pouch. This will prevent the baby from sinking down too low in the sling.

Outer rail is positioned lower than the inner rail.

Curved seam is lined up with baby’s bottom

**Please see page 4 for important newborn safety information**

# Hip Carry • 6 months and up

For video instructions of this and other carrying positions, visit:  
<http://www.slingings.com/instructions.html>

Use the hip carry for babies approximately 5-6 months and older. You can wear your sling on either shoulder. These instructions assume that the sling is on your right shoulder.



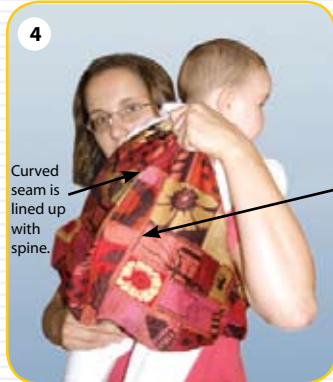
**1** Put your sling on with the curved seam in front of your hip. If you have a padded sling, the padding should be on the inner rail.



**2** Hold baby high up on your shoulder, supporting her bottom with your arm.



**3** Reach under and guide baby's feet through the sling, still supporting the baby with your arm. Reach your right hand under to grab the inner end of the curved seam. Hold the outer end of the curved seam with your left hand.



Curved seam is lined up with spine.

Using both hands, spread the fabric to form a seat.

**4** Holding on to each end of the curved seam, open the sling and lower her bottom in, lining the seam up with her spine. Pull one edge to the bend behind her knees, and the other up to her shoulders.



**5** Slide baby around to your hip. Create a deep seat by spreading fabric behind baby's knees to her shoulders. Baby's knees should be higher than her bottom.



**6** Shoulder Flip (optional) - Fold top layer of fabric on your shoulder over and down to pull baby in closer.



### KANGAROO CARRY

Baby is facing out, with legs crossed or bent in front. The curved seam should be centered in front of you.



### BACK CARRY

Start with the hip carry, then slide the sling and baby around your body until the baby is riding on your back. Only use this carry with cooperative older babies, 15 months and up.



### TUMMY to TUMMY

For a young baby, the baby's legs are inside the sling, bent or crossed in front. For an older baby, legs can be out of the sling, as in the hip carry.

## Breastfeeding

The cradle carry can be used to nurse; in addition, there are several other positions you can try. Experiment until you find a position that works for you



### FOOTBALL HOLD

(birth to 6 months): Start with the cradle carry, slide the baby around to nurse from the breast opposite the shoulder that the sling is on. The baby's body curves around your side.



### REVERSE CRADLE HOLD

(Any age): The baby is put in the sling with head opposite the shoulder that the sling is on. Baby's legs can be curled inside the sling, or hang out, depending on baby's length.



### HIP CARRY

The hip carry can be used to breastfeed from about 5 or 6 months old.

## Care Instructions

**To minimize shrinkage, wash in cold water and air dry. Warm iron if needed.**

Use gentle detergent, and no bleach or fabric softener. Try on your sling before washing. Washed or used slings cannot be exchanged. Most fabrics are 97% cotton, 3% spandex.

## Why wear your baby?

- Babywearing is convenient.
- It promotes your baby's physical development
- Babies and toddlers appreciate the security of a sling.
- It helps you and your baby communicate better.
- It's good exercise for you!
- Worn babies are happier and cry less.
- Slings are a safe place for a child to be in public.
- Slings are a great bonding tool for other caregivers.
- It's fun to wear your baby! Who doesn't love to cuddle up with a sweet baby?





***Every baby should be a Slingling!***

For additional information, instructions, pictures and wearing tips, please visit us at:  
**[www.slinglings.com](http://www.slinglings.com)** or call **1-800-887-1461**

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