



Hipababy

Custom baby carriers

Instructions for using your ring sling.

Thank you for purchasing a Hipababy ring sling. Please read the following instructions before using. Practice with a doll or teddy a few times before trying with your baby.

Parts of your sling

The rails are the edges of the sling and tail is the material that hangs down through the rings. The rest of the material forms the pouch where your baby will sit. The top edge of the sling is the top or inner rail and the bottom edge is the bottom or outer rail. You can adjust the tightness of the rails by pulling on the upper edge or lower edge. You can also adjust the depth of the sling by pulling on the middle of the tail.

Threading your sling

Your sling will arrive threaded but you may want to unthread it for washing – to thread your sling rest the rings in front of your shoulder pulling the rest of the sling fabric around your back to your front. Evenly bunch the tail in your hands and thread it through both rings, then thread the tail through the bottom ring (like a belt buckle).



Pull both sides of the tail near the ring to ensure the fabric is spread evenly as it passes through the rings. You can tell the tail is threaded correctly because the opposite side of the fabric will show, so if the hem is facing out in the pouch part of the sling, it will be facing in on the tail.

The weight of the baby in the sling will 'lock' the rings ensuring the fabric will not slip when wearing.

To adjust the sling you will need to lift the baby's weight with your arm to unlock the rings.



Putting on your sling

Slip the sling over your head like a sash. The rings should be in front of your shoulder, generally just below your collarbone. Experiment a little to see what suits you best. Bear in mind too low and the sling will be uncomfortable to wear and too high the rings can dig into your shoulder. Spread the fabric evenly over your shoulder. Do not wear the sling bunched up on your neck, as this will get uncomfortable quickly.

Pull the fabric through the rings until the pouch is roughly the right size to put your baby in comfortably but not so much slack that you have to do a lot of adjusting after you put the baby in. The bottom of the pouch should be around waist height. If you need to adjust after you put your baby in lift the baby's weight with one arm to take any weight off the rings and adjust the rails or size of the pouch by pulling more fabric through the rings.

When I put a sling on I usually place the rings higher than I want them to end up because I find when I put the baby in the sling the rings will be pulled lower.

After you put your baby in the sling check all airways are clear. Check that your sling is sitting correctly on your shoulder (spread out and not riding into your neck) and back (not twisted), and baby is not riding too low or his weight is pulling away from you because the top rail is too loose. Your baby's bum should be around waist level. The higher and closer to your body you can wear your baby the more comfortable you will be. Check that the baby is covered by the correct amount of sling material e.g. in a hip carry check the bottom rail is under the baby's knees and the top rail high on baby's back. (See below for more details of the various positions). For your comfort learn to put the sling on either shoulder. I alternate shoulders each time I use my sling

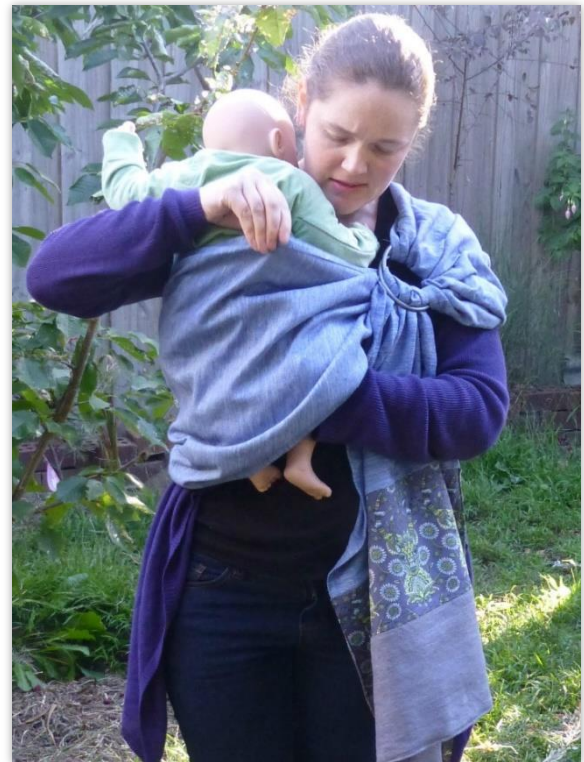
Carry styles

From birth

Tummy to Tummy carry

Put your sling on. Pull the sling so it isn't twisted and you have a sash of material with a top and bottom edge. Place your baby high on your shoulder (opposite the rings). If you have a newborn support your baby's head against your shoulder.

Slip the baby through the sling, their legs hanging out the bottom.



Still supporting your baby's weight, pull the bottom rail of the sling up to your baby's knees and the upper rail under their armpits (or higher for young babies to support their neck). Tighten the rails so your baby is snug against you. Remember to lift baby's weight with one hand while making adjustments. Remember to pull the tail outwards and up. This will stop your rings from shifting.

Your baby's knees should be higher than their bum to avoid pressure points on their legs. This is also very important for safety as it creates a hammock which will prevent your baby from falling out of the sling.



Cradle carry

There are some important safety issues for newborn babies in a cradle carry. Baby should not be curled chin to chest. This position can create a suffocation risk as it can restrict the airway. You should be able to fit two fingers under baby's chin. There should also be no sling fabric over baby's face and baby should be positioned so baby's body is not rolled against you – make sure her face is not pressed against your body. Babies should face upward, unless breastfeeding.

The cradle carry is an easy position to breastfeed in. However use caution with babies under four months. Be aware of your baby's airway at all times and never cover your babies face.

You can easily transition from a tummy-to-tummy carry to a cradle carry for breastfeeding.

Start in the tummy to tummy positions. Pull the top ring to loosen the top rail of the sling and lift your baby into a lying down position, turning their body upwards (not toward you).



Check there is fabric between you and your baby, making a hammock, pull up fabric if necessary. Now make any adjustments to the tightness of the sling, pulling up the top edge to support your baby's head but not so tightly your baby can't move their head freely. Make sure your babies face is visible!



Remember the baby's back must be straight with chin off chest and not curled into a C shape. It is important to return baby back to an upright position after feeding.

Some babies don't like the lying down position of the cradle carry. Alternatively you can breastfeed in a tummy to tummy or hip carry, just loosen the sling to lower baby to the correct height.

From 6 months

Hip carry

Set the sling up as for the tummy-to-tummy position. Hold your baby high on the shoulder opposite the rings and bring her through the sling until the baby is resting on your hip.

Pull the lower rail up to your baby's knees and the upper edge to their armpits or shoulders. Their arms can be in or out of the sling. Tighten the top rail so the baby's weight is being pulled into your body, not leaning away, which will be hard on your shoulder. If necessary tighten the bottom rail so your baby's bum is higher than their knees.



If baby falls asleep you can pull the top edge of the sling up to support their head. You can easily breastfeed in a hip carry. Just loosen the rings a little so baby is at the right height. Don't forget to snug baby up higher again once baby has finished.

Tip: Once your baby is walking it is often easier to loosen the sling and lower them to the ground rather than lifting them out of the top.

Safety Hip Carry

Put your baby in the hip carry. Bring your arm over your baby's head and scoot your baby around a little if necessary so she is just behind your hip. This is a handy position if you are doing something in front for a few minutes that you don't want your baby to touch (eg paying for your shopping).



Safety and Troubleshooting

Inspect before each use and don't use if there are signs of wear. Don't leave young babies wrapped in a sling to sleep as they could become entangled in the fabric. Use common sense when using your baby carrier, and avoid any activities that will shake or put your baby in danger, e.g. jogging, bike riding, carrying hot drinks, cooking.

If you find the sling uncomfortable after a short time ensure you are wearing your baby high and tight, so the baby's feels like a part of your own weight and is not hanging away from you, with the rings in a 'corsage' position at your collarbone. You will want to have them fairly high for long-term comfort. The bottom rail of the sling should fall around waist level. Ensure that the sling is spread evenly across your back, is not twisted and that the tail is threaded evenly through the rings so you can adjust all parts of the sling pouch evenly for a good fit. Importantly - don't give up! Practice makes perfect :)

It is a good idea to get used to wearing the sling on either shoulder so you can switch shoulders easily if one shoulder gets tired. I usually switch to a different shoulder each time I put the sling on.

Washing

You can wash the sling in cold water by hand or delicate machine wash in a laundry bag. Slings containing linen should be washed with a liquid washing detergent only.

