

## Wearing Guidelines

The Wahloo baby sling is designed to be worn on your left shoulder and "slung" around your right hip. If you are a lefty and/or prefer to wear it around your right shoulder and left hip, that's okay, too. You just might have a harder time reaching the accessory ring.



There are many ways to carry your baby in a sling, and it may take you a few tries to find the position that's most comfortable for both you and baby. As baby grows and gets stronger, your favorite carries will probably change. Here are a few of the most popular ones to get you started.

*Let's start by putting on your sling.*



Drape the sling over your left hand. The pocket should be facing outward at the bottom of the loop, and the open edges should be at your fingertips.



Duck your head and right arm through the sling.



The pocket and seam should be over your bellybutton, and you should be able to open the edges of the sling to reveal the pouch.

## Cradle Carry (Newborn ~ 6 months)



Put on the sling. The pocket and seam should be over your bellybutton.



Hold baby up on your right shoulder. Open the pouch.



Wiggle baby in, bottom and back first, head last. Make sure that baby's bottom is lined up with the seam; this is the deepest part of the pouch.



Baby should be held snugly between the two layers of fabric. Adjust the sides of the pouch to cradle baby's head in whatever position is most comfortable. Baby might prefer to look out and see the world or to be tucked in for napping.



Fit note: Common mistakes include misalignment of the baby in the sling, wearing baby too far to one side and wearing a sling that is too big. If baby is drooping well below your waistline, your sling is too big for you.

## Front Carry (2 months ~ 8 months)



Put on the sling. The pocket and seam should be over your bellybutton.



Hold baby up high on your chest, with baby's back to your front. Baby should face slightly sideways, away from your left shoulder.



Cross baby's legs and raise them towards baby's chest.



With your left hand, open the pouch. Lower baby's bottom, gently bouncing baby down into the pouch.



Baby's bottom should be aligned with the seam (the deepest part of the pouch), and the pocket should be over baby's chest. Baby's weight should be tipped back toward you, resting against your body.

## Hip Carry (6 months ~ 25 lbs)



Put the sling on. Slide the sling across your shoulder slightly so that rather than being over your bellybutton, the pocket and seam are roughly in line with your right jeans pocket.



Hoist your little one up onto your right shoulder. Pull the sling away from your body so you can slip your child between you and the sling.



With your child's spine lined up with the inside seam, lower her down so her feet and calves stick out of the bottom of the sling.



Pull the inner edge of the pouch under your child's bottom and the outer edge up her back to make a seat.



Once your child is in place, check her position. The inside edge of the pouch should be under her knees and the outside edge should be pulled up to at least her armpits.



You can adjust this carry to your child's size and temperament. Some children like to have their arms free, while others prefer to have the outside edge pulled up to their shoulders.