



# *Baby & Toddler Sling Instructions*



*Made with  
love since  
1993*

*“Carry your baby naturally”*



**Natures Sway baby slings are designed to carry your baby or toddler just as you would naturally. Slings take the strain off your arms and distribute the weight. They provide multiple carry positions and can be used with infants from new-born up to toddlers even 2-3 years old.**

**Please read all of the following instructions.**

### ***Important Directions***

- Always monitor your baby in the sling. It is an aid only and does not replace your own attention or responsibility.
- Be aware of baby's temperature as they will need less clothing while in the sling and against your body. This is one of best carriers for moderating temperature as you can easily create an air gap by moving the carrier across your body.
- Make sure you can see baby's face at all times. Specifically do not cover them with a blanket or clothing. Do not allow them to turn inwards with their face buried against the sling or your body.
- Check that their airway is clear and that they are not overly bent or slumped. You should be able to fit a finger under their chin.
- If possible practice first with a doll or teddy so you will be calm and confident to position your baby. Always trust your instincts and if in doubt contact us, your stockist or a local baby wearing professional for advice.
- Keep this brochure. In the future you may wish to pass on your sling to a friend and this brochure contains important instructions.

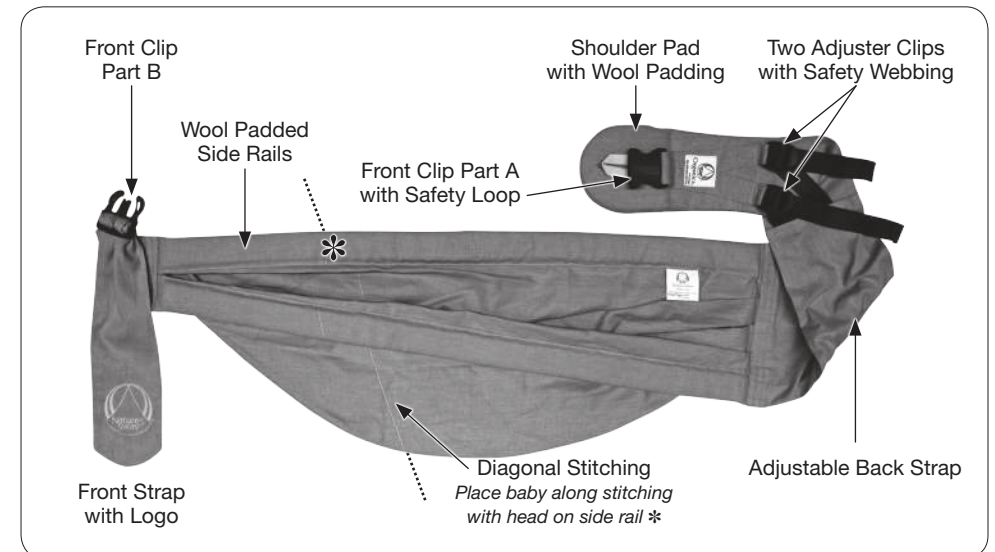
### ***Natures Sway T.I.C.K.S. Rules for Safe Babywearing***

Always keep your baby close and safe when you're wearing a sling or carrier.

- ✓ **T**ight – comfortably close with no slack or loose fabric.
- ✓ **I**n view at all times – your baby's face should be upwards if in the cradle position (Sling) or to the side if on your chest (Pouch Pack & Carry Wrap).
- ✓ **C**lose enough to kiss – you should be able to easily kiss your baby on the head or forehead.
- ✓ **K**eeP chin off the chest – with a space of at least a finger width under your baby's chin.
- ✓ **S**upport the natural curve in your baby's back – check that baby is not slumped and their head is well supported.

### ***Features***

- Suitable for newborns to 2-3 year olds.
- Fits adults of all sizes.
- Easily adjustable for use from the diagonal cradle position for newborns, through to the hip-seat position for infants.
- Wool padding on the shoulder and side rails makes the sling more compact, comfortable and sustainable. Wool distributes heat naturally while the flat side rail supports baby's head and back (as recommended by Consumer safety guides released 2011).
- Contrasting coloured line of stitching, printed \* and a sewn-in label to show you how to position your newborn in the diagonal cradle position.
- Specially shaped body of the sling keeps baby's back straight even if you miss-align their spine to the diagonal stitching. Note: a gentle curve is quite safe and normal but always re-position baby if they become significantly bent or slumped.
- Two adjuster clips at the back with safety webbing allow you to adjust the sling whilst wearing it.
- Adjust the side rails separately to get better positioning for baby.



### ***Washing Instructions***

Hand-wash or gentle machine wash on wool cycle, note: leave clips on as they are shatter-proof. Normal spin. Dry out of the sun as some colour fading is possible. Warm iron. Do not bleach.

## Fitting Your Sling

To fit the sling to your size start by either shortening or lengthening the front fabric strap (with the logo). Most mothers and smaller sizes will need to make this strap quite short or tight (shorter than it arrives as new) so that baby's head will be just on or under the breast.

Most Dads and larger sizes will make this strap a bit longer. Tighten / shorten the back straps prior to putting the sling on (you want it to be about hip high to start with) and then use them to adjust to a comfortable height once baby is in the sling.

For instructional videos visit  
[www.naturesway.co.nz](http://www.naturesway.co.nz)



## The Front Clip & Safety Loop

The opening clip is best worn on the front of the shoulder for easy access to get in and out of the sling. This clip is strength tested and deemed baby-safe. Firmly attached under the clip is a back-up catch we call the safety loop. Make sure you always have the safety loop secure when using the sling. To open the clip remember to release the safety loop first.



Lift the safety loop so it's on top of the open clip.



Close the clip making sure it is fully engaged, you will hear a firm 'click'.



Pull the loop over the closed clip so that it sits under all four corners.

## Adjusting the Side Rails Using the Two Back Adjuster Clips

Two adjuster clips at the back with safety webbing allow you to adjust the sling while wearing it. We recommend you wear baby quite high as this distributes the weight and will take the strain off your lower back. When seated or breast-feeding you can loosen the sling for comfort by simply tilting the adjuster clips on the back of the shoulder. They can also be tightened while wearing to provide baby with extra comfort, safety and support in different positions.



## In the Hip Seat Position:

Once baby is straddled on your hip high enough so you are standing straight you can tighten the outside rail so baby's back is supported and upright too.



## In the Diagonal Cradle Position:

Pull the inside rail tight to wear baby high (on your belly button) and leave the outside rail loose to give baby's head more room so their chin is off their chest.

*TIP: Get hold of the webbing then jump up a little when you pull.*



## The Diagonal Cradle Hold

Best for newborns, this position offers excellent support for baby's head and back. Even large babies can use this position if you are wanting to get them to sleep and it is a great help for feeding. For your ease of use we have included a diagonal line of stitching, a stamped motif \* and an instructional woven label on the mid-line of the sling to help position baby.

Make the front strap nice and short so as to have baby's head close to your heart and have the sling at hip height to get baby in. There are two options shown below, experiment to see what works best for you. Note: baby will load in slightly different every time, this is normal as babywearing is not an exact science.

### The Diagonal Cradle Hold – From Standing Up:



1. Fit Sling as per previous instructions. Hold baby facing you and prepare to move the sling not the baby.



2. Find the top of the diagonal line of stitching \* and pull the sling up to the middle of baby's head. Ensure the stitching is aligned to their spine.



3. Bend over gently and lay baby back into the sling. Twist the sling by pulling the inner rail towards your hip making lots of room for baby's feet. This creates a triangle of fabric over your breast (which can be moved for discreet feeding).



4. Baby's face is clear and easy to see, their back and head is supported.

### The Diagonal Cradle Hold – From Lying Down:



1. Lay baby with their head on the \* and their spine on the line of stitching.



2. Place shoulder pad over baby and do up front clip, pull safety loop over closed clip.



3. Put your arm and head thru the sling until the back strap is across your shoulder blade.



4. Lift baby and sling together and stand up.



5. Ensure inside and outside side-rails are pulled up and baby is in a comfortable position.



6. Reach behind and tighten the inside rail so baby lies across your chest and above the hip bone.



7. Now you can see baby's face and the looser outer rail will support their head and neck.

**Try these positions when baby wants to see out but can't quite straddle your hip yet – at around 3 to 6 months.**

### Upright Position:

Some babies don't like to lie down in the sling and this position works well prior to them being able to sit on your hip. You will need to make the sling very tight and check that the bottom rail is securely behind their knees.



1. Hold baby against your shoulder and put their feet through the sling.



2. Pull the top rail right up to baby's shoulders.



3. Reach behind and tighten both rails so baby is held firm.



4. Ensure baby's head is supported while they are too little to sit on their own.

### Kangaroo Position:

Just like a little joey, some babies really like to look out from a vantage point on your belly. Works well for babies who can't sit unaided yet as their back is supported by your tummy, but baby needs to be the flexible kind who can cross their legs in front. This position requires wearing the sling a little lower, you may need to make the front fabric tab a bit longer.



1. Hold baby's legs in the cross-legged position.



2. Seat them in the middle of the sling.



3. Ensure the back rail is pulled up between you and baby.



4. Keep a hand on them at all times to prevent front toppling.

### Diagonal Cradle for Sitting Baby:

This position is great for babies who can hold up their head and who want to look around (rather than feed or sleep). Note that the diagonal cradle position can be used with a large toddler who has fallen asleep because their legs will poke out at your hip but their head is supported by the side rail which you can loosen off.



1. Hold baby against your shoulder and get ready to move the sling not the baby.



2. Pull the side rail \* up to baby's neck and line the stitching to their spine.



3. Bend over and lay baby in the sling on that diagonal line.



4. Pull the inner rail up between you and down towards their feet at your hip.



5. Baby sits sideways against you and gets a good view of the world.

## The Hip Seat

At about 4 to 6 months baby can sit up and will naturally straddle your hip when carried. Using the sling will help spread the weight and save strain on your back and arms. This position may be used for toddlers even up to 2 and 3 years old and is the position you are likely to use the most.

### The Hip Seat – Overhead:



1. With baby sitting on your thigh, put the closed sling over both yours and baby's head.



2. Move the sling down their body and start aiming to get them seated in the middle or widest bit of the sling body.



3. Lift baby so you can sit them on the bottom rail, aim to get the rail to the back of their knees.



4. Pull the top rail up their back and make sure baby has a leg on each side of your hip.

### The Hip Seat – Feet First:



1. Wearing the sling, lift baby high up onto shoulder and hold their feet ready to feed into the sling.



2. Seat baby in the sling and pull the top rail up their back.



3. Reach behind and tighten the top rail to support their back.  
*Tip: get hold of the webbing then jump up a little when you pull.*



4. Now stand straight with baby firmly on your hip and the weight spread on both sides.

## Helpful Websites

[www.slingbabies.co.nz](http://www.slingbabies.co.nz)

[www.thebabywearer.com](http://www.thebabywearer.com)

[www.attachmentparenting.org](http://www.attachmentparenting.org)

[www.babycarrierindustryalliance.org](http://www.babycarrierindustryalliance.org)

### The Sheffield Sling and Carrier Consultancy advise choosing a baby carrier to:

"Promote the flexed, abducted spread-squat position that seems to encourage better hip joint positioning and deeper development of the socket. A sling that supports baby's thighs from beneath (knee to knee) is more likely to keep hips in this optimal position, and reduce strain on still-developing joints. Most professionally trained babywearing consultants will advocate the thighs being supported right into the knee pits into an M shape, with knees held higher than the bottom (nearer to an imaginary horizontal line out from the belly button). This puts the femoral head into an ideal central position in the socket."

With slings go for a soft one that is well designed to both promote healthy hip M-position and encourage the natural C-spine shape that young children have. The secondary curves begin to develop later on in life – the cervical curve when they gain head control and can lift against gravity, and the lumbar curve at the crawling/walking stage. Until then, spines should not be artificially kept straight (ie babies should avoid too much time in rigid car seats, stiff inflexible carriers, or lying supine on their backs)."



*TIP: Remember to take your sling in the car, so you can lift baby out of their car-seat and use the sling at your destination.*

## Visit our website for more great products

**Carry Wrap:** Made with knit organic cotton, this is the most comfortable carrier of all, it's like wearing a second skin. Ideal for newborns and even premature babies, you can wear them upright or diagonally across your chest for hours!

**Pouch Pack:** A supreme soft-structure carrier which can be worn on the front, back or side. The ergonomic design keeps your baby close to your centre of gravity, enabling you to carry even large toddlers with comfort. Suitable for newborns to 2-3 year olds.

**Baby Hammock:** Ideal first bed for day and/or night sleeps. Bounces baby to sleep, they feel secure like they were in the womb. Great for the first 6 months or until they can roll or sit up.



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**Gold member of the Baby Carrier  
Industry Alliance (BCIA).**



### 12 Month Warranty

Conditions apply.

**Warranty:** Natures Sway products are manufactured to the highest standards to ensure the comfort and safety of your baby. All products carry a 12 month manufacturer's replacement guarantee. Retain your sales receipt and record your date and place of purchase here:

For warranty enquiries contact your national distributor or Natures Sway directly.

Disclaimer: The warranty will be void if the instructions are not followed or products are subjected to abuse, negligence, improper use, or inappropriate adaptation.