

5 Hip Carry

Age: about twelve weeks wrap sling size: all

INSTRUCTION



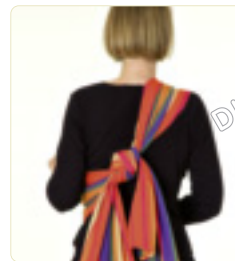
1 Lay your **DIDYMOS** sling on one shoulder, with the middle marker at your shoulder . . .



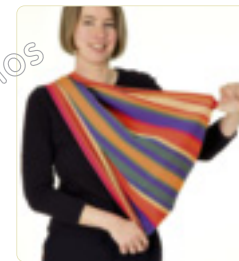
2 ... tie the tails together at the opposite hip and ...



3 ... tighten both tails by pulling them through the knot.



4 Shift the knot to your back and ...



5 ... spread out the sling in front of you to make sure the fabric is not twisted. >>



8 Your baby is now sitting on the band of fabric – his legs spread.



9 Pull the top rail up over your baby's back, leaving the bottom rail under his bottom, spread to his knees.



10 Cross the sling over your shoulder by flipping the rail closest to your neck over the lower rail and down over your upper arm.



11 Now your baby is sitting on your hip with his legs straddled and knees up, in the correct spread-squat-position.



12 His bottom is lower than his knees, one leg in front of your belly, the other one on your back. >>

TIP

> With small babies please pull the sling up over the head so that it is securely protected all around.

> If you use a **DIDYMOS** sling of size 4 or higher, take the sling ends behind your back, bring them to your front and tie them together underneath your child's bottom.



6 Rest your baby against your free shoulder ...



7 ... and let your baby slide into the fabric, onto your hip.



> Instead of flipping the top rail over the lower rail, you can also pull the top rail under the bottom rail and then pull it down over your upper arm.

NOTE

> After fig. 10: Optionally, pull the top rail under the bottom rail and then pull it down over your upper arm.

