

5 Rucksack Carry DIDYMOS WRAP CROSS CARRY ON THE BACK

Age: four to five months (good head control)
wrap sling size: from size 6

This tying method is very comfortable to wear. It is as safe as all the other carries, however, needs some practice. Ask a partner to help you when you are tying this variation for the first time. This will be particularly helpful if you want to spread out the diagonal bands of fabric.

VARIATION 2



1 Rest your foot on a footstool to create a seat for your baby.



2 Put the fabric around your baby with the middle marker at the back of her neck, and sit her on your bent leg.



3 Put your hand under your baby's bottom, and ...



4 ... bring your baby (with the wrap sling still around her) under your arm and onto your back.



5 Lean forward and hold your baby firmly with one hand.



6 Pull the lower fabric edge down under baby's bottom. Make sure the fabric is spread from knee to knee.



7 Hold the tails nice and tight while you do this.



8 Tie the tails at your chest with a single knot, and ...



9 ... throw one tail over your shoulder to your back, ...



10 ... and hold your baby and the tail firmly with one hand. Then do the same with the other tail.



11 Tighten both tails, ...



12 ... cross them under your baby's bottom and bring them under her straddled legs, around to your front.



13 ... and then tie a knot.



14 Your baby is now sitting on your back with her legs straddled, and is securely supported in the DIDYMOS baby wrapsling.



15 If you want extra support, you can spread out the crosses.