

5 Hip Carry VARIATION FOR LONG SLINGS

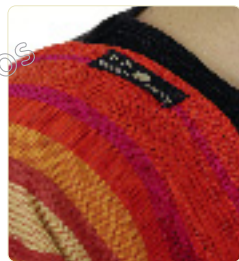
Age: about twelve weeks wrap sling size: from size 4

This is a very comfortable hip carry to be tied with a **long size** baby sling. In contrary to the other hip carrying positions less fabric will be left after tying.

VARIATION 3



1 Spread your baby sling evenly over your shoulder, one tail hanging in front, and the other spread diagonally across your back



2 The middle marker should either be at your shoulder or a bit behind it.



3 Cross the tails in front of you, with the tail at your front under the one from your back.



4 Wrap the front tail around the other one and bring it over your shoulder to your back.



5 Bring it diagonally across your back and to your front again.



6 Both tails should be about the same length and at your front, and the point where the tails were looped around one another should be at your chest.



7 Tie the tails with a single knot, but loosely enough ...



8 ... to leave room for your baby. Make sure the fabric is not twisted.



9 Let your baby slide from your shoulder into the sling and reach under the fabric with your free hand to guide her underneath both bands of fabric.



10 Spread out the upper band of fabric (the one without a knot) until the bottom rail reaches to the back of your baby's knees and the top rail to her shoulders.



11 Now you can untie the knot and tighten the "pouch" in which your baby is sitting.



12 Then tie a double knot underneath your baby's bottom.



13 Your baby should now be straddling your hip, one leg in front of you, ...



14 ... and the other leg behind you.

5 Hip Carry VARIATION FOR LONG SIZE SLINGS

Age: about twelve weeks wrap sling size: from size 4

If you tie the hip carry variation in this way, you may prefer to sit your child on the edge of a table. We did not use a table so that you can see the different steps of tying.

VARIATION 4



1 Lay the sling around your baby and sit it on your hip. The sling end in front of you should be abt. as half as long as the end behind.



2 Pass the long sling end diagonally over your back and ...



3 ... over the shoulder to the front where you pass it **underneath** the sling end in front.



4 With one hand holding the cross of fabric pass the **long end from underneath** up around the front sling end ...



5 ... to lead it over your shoulder to your back again.



6 Holding your child with the other hand, ...



7 ... pass the sling end diagonally ...



8 ... across your back to the front side where your baby is sitting.



9 Pull on both sling ends to make your baby sit at a hip level that is comfortable for you. A little jumping up and down may be helpful.



10 Adjust the pouch by tightening each of the bands of fabric and by spreading the fabric into the back of your child's knees.



11 If the sling ends hanging down at your hip are still too long, lead them to the other side and tie them together again.



12 On this picture the sling ends are at the right hip.

TIP

- > Having taken your child out of the wrap sling you can leave it tied and pull it off like a pullover. If the wrap sling is not twisted you can put it on again the next time as it is, without having to tie it again.

Make sure not to twist the fabric during tying so that it will lay smooth and won't pinch.