

Rucksack carry

“frog” on your back

(suitable from the third month)



1. Place your baby in the centre of the sling, with the head edge of the fabric about two finger widths above her ears. Now gather the fabric firmly beneath your child’s bottom, continuing upwards to the left and right side of your child.



2. Take the gathered ends of the sling in each hand at the level of your child’s chin and ...



3. ... transfer the left end into your right hand. The two ends are now draped over to the right of your child, and you can gently swing the child in the sling.



4. Lift baby up, using your left hand to support her back and head. Your baby’s legs are in front of your left upper arm.



5. Lift your child with her tummy against you onto your upper arm and push her bottom over your left shoulder.



6. Your child is now on your left shoulder. Both ends of the sling are still in your right hand. Your left hand continues to support baby. Your child’s head is against your cheek.



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7. Use your left hand to reach over your right hand and take both ends of the sling. Now use your right hand to reach over your left hand and grasp the right-hand strip of fabric, lift it over your head onto your shoulder, maintaining tension on the sling, and transfer the two ends into one hand.



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7.a This keeps up the tension on the two ends so that your child is always safely supported.



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8. Your left hand is free to support your child as she slides into the right position on your back. **Important:** lean slightly forward, push out your bottom and lift your head. Remain in this position until the knot is tied.



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9. Reach round with one hand to the back of your neck, grasp the head edge of the sling and pull it forward.



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10. Pull the head edge tight and transfer it to your other hand. Now grasp the fabric strand by strand and carefully pull it tight. Do the same on the other side.



Important: now pull the head edge and a handful of fabric firmly forward again.



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11. Spread the fabric to form nice wide straps on your shoulders. Twist each end twice at about waist height.



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12. Guide the ends backwards under your arms over your child's legs and cross them over her bottom. Now bring them round to the front again, under her legs, and tie a double knot.



View from behind



Tip: if you would like a chest strap for this tying method, you can simply join the shoulder straps with a cloth (here a Storchenwiege® doll's sling).



Tip: The pouch holding the child should be pulled down to her knees on either side and tucked under the end of the sling.



To **undo** the child, loosen the knots, pressing your arms firmly against your body, to keep your child firmly supported in the sling. Next, take the straps on your shoulders in your hands, pass them into your right hand and slide your child into your arms.

Another way to place the child in the rucksack carry.



Lift up your leg, lay the centre of the sling over your thigh and sit the child on it. Now pull the sling up smoothly over your child's back until it is about two finger widths above her ears. Always use one hand to support the child while the other adjusts the pouch. Now continue from Step 4 above.