

Snuggle- hold carry

tummy-to-
tummy “frog”

(suitable for babies
from day 1 on;
also appropriate for
preemies)



1. Sit down and place the ends of the sling over your shoulders. The centre of the sling forms a loop in front of you. Place your baby in front of your tummy.



2. Now pull the sling smoothly over your child's back until it is about two finger widths above her ears, with one hand holding baby's bottom.



2a. The remaining fabric is now pulled between baby's legs towards her body (see picture below).



3. Now reach inside under the end of fabric over your shoulder and grasp the head edge.



4. Now pull the head edge outwards, over your shoulder. The nappy edge is now above the head edge. The sling should be spread sideways about 15 cm across your shoulder. Do the same on the other side.



5. Now reach behind you with one hand, grasp one end of the sling and pull it forwards underneath the other, keeping that hand close to your body. Your other hand supports your child.



6. Drape the sling over your lower arm and pull the head edge tight.



7. Now use the hand which did the grasping a moment ago to hold your child and the head edge tight. With your free hand, reach behind you and pull the second strip forwards, crossing it over and again pulling the head edge tight. Now the two ends of the sling are pulled tight strand by strand, starting with the end you pulled forward first.



8. Next, knot the sling under your child's bottom, the ends going over her legs.



8a. When the sling is tied on, move your child's legs into the "spread squatting position". Both her legs should be at the same height, with her knees should be at level with her belly button.



8b. To give you more freedom to move, fold the sling upwards onto your shoulder, keeping the sling firmly tied around your child to give her firm support.

Two other methods of placing the child in the sling



1. With the centre of the sling forming a loop in front of your stomach, lower your child into the pouch from your shoulder. Now, pull up the head edge of the sling smoothly until it is two fingerbreadths above your child's ears. The remaining fabric is smoothed down under her bottom and folded up between her nappy and your tummy. Now continue from Step 3 above.



2. Lift one leg and wrap your child in the centre of the sling, draping it over your shoulders. Use one hand to support your child. Now continue from Step 2 above.

