



Lay rings over shoulder of your choice. Tuck tail up through both rings, then bring back down through top ring only (like a 1980's belt). This should leave you with a tail (mine is short in this picture) with which you can loosen (by lifting up the top ring slightly while pulling on pouch) or tighten (by pulling on tail). You will have a pouch of fabric at the side opposite the shoulder where the rings are.

Your child will sit up (shown at right) or lay down (cradle carry shown below) in the pouch of fabric either on your front, slid down to your hip, or slid all the way around to your back (carefully



and only in sitting position, NOT in cradle carry). For older children their legs may stick out beneath the pouch and the fabric may be pulled up to below their shoulders so their arms can be free to move. For newborns and babies who do not yet have good head control they should either be laying down in a cradle carry (shown at right) or have their legs "frogged" up in the fabric (folded as if they were sitting) and the back of the fabric up over their head for support. You can tighten or loosen the top edge and bottom edge independently for the most comfortable fit and support by pulling on the corresponding tail edge.

