



www.thinkliz.com
etsy.thinkliz.com

All new moms always want an extra hand after their little one arrives and this reversible, padded, pouch sling can help! This packet will help you learn how to use your new sling.

Putting the Sling On



This example shows putting the sling on with the padding to the **outside**. The padding placement will vary based on the position you choose. Refer to the instructions to determine whether it should be placed on the inside or the outside.

Start with the seam facing the ground.



Bring one arm through the sling. The sling will rest on the opposite shoulder.

It is a good idea to switch back and forth between shoulders that you wear the sling on – this will prevent any major stain on your neck and back.



Bring the sling over your head.



You don't want the fabric to bunch too much at your shoulder or twist at your back. Open the two layers of fabric at your hip – this is where you will place your baby.

***It should be noted that you should be extremely careful in inserting and removing your baby from the sling. Provide proper support to your baby at all times.

The following are three of the most common ways to carry your baby in a sling.



www.thinkliz.com
etsy.thinkliz.com

Cradle Carry

Ages: newborn – 6 months

Great for putting a newborn to sleep



Padding is on the outside with this position to prevent any bumps to the baby's head.

Start by placing the baby over your shoulder and opening the pouch of the sling.



Lay the baby into the sling by placing his behind on the seam. Gently scoot him into place and lay him down.



His head should end up right next to the padding and his legs will come around your side.



www.thinkliz.com
etsy.thinkliz.com

Kangaroo Carry

Ages: 3 – 9 months

Great for the baby that wants to see everything.



Padding can be either way with this hold. I prefer it on the outside.

Start with the baby facing outward and crossing his legs.



Open the pouch and sit the baby's behind on the middle of the seam of the sling.



Tuck in the baby's arms and you're ready to go!

'Tummy to Tummy' is essentially a reverse kangaroo. This position is good for babies, newborn to 9 months of age. The main difference is that you start with the baby over your shoulder and he faces towards your body.



www.thinkliz.com
etsy.thinkliz.com

Hip Sit

Ages: 6 months – 3 years

The hip sit is the most common way to carry a baby once he has head control. This sling position helps ease the strain on your arms!



Padding is on the inside with this position to prevent the fabric from pinching the baby's legs.

Start by placing the baby over your shoulder and opening the pouch of the sling.



Baby's bottom sits on the seam and the legs slide through.



Sit the baby down on the padding and tuck the rest of his body into the sling. If you stopped here and split the baby's leg to either side of the body, this is the 'heart to heart' position.



Move the entire sling over to your side and sit the baby on your hip.



The baby's legs will be on either side of your hip.

In no event shall Think Liz be liable for any direct, indirect, special, punitive, incidental, exemplary or consequential damages, or any damages whatsoever, even if Think Liz has been previously advised of the possibility of such damages, whether in an action under contract, negligence, or any other theory, arising out of or in connection with the use, inability to use, or performance of the information, services, products, and materials provided by Think Liz.