

This document provides step by step instructions on how to use your Unido baby sling in the 'Cradle' position.



Step One:

Fold your Unido sling in half by folding it in on itself (fig1).

fig 1



Step Two:

Place the sling over your head and put one arm through, so your sling is now a sash from your shoulder to the opposite hip.

The opening of the sling should be facing up.

Rotate the sling so that the 'smile' seam (the seam with the label attached) is placed in the centre of your body (the label should be around where your belly button lives) (fig 2).

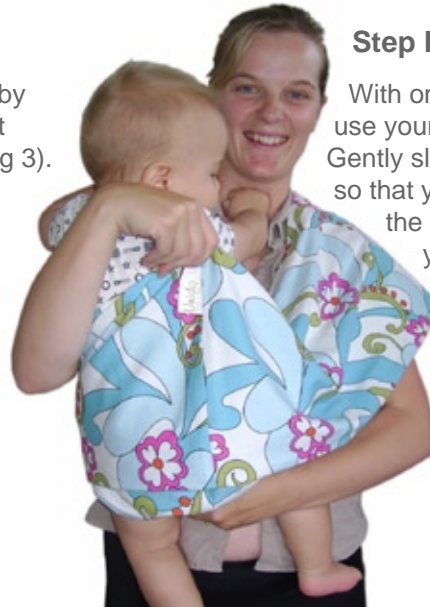
fig 2



Step Three:

Now, place your baby on the shoulder that the sling is not on (fig 3).

fig 3



Step Four:

With one hand holding the baby securely, use your other hand to open the pouch. Gently slide your baby down (bottom first) so that your baby's bottom is resting along the 'smile' and their head is up towards your shoulder that is carrying the sling and they are facing up (fig 4).

fig 4

You're done! Easy!

Now, you are able to wear your baby in many different positions - check out the ideas in fig 5, 6 & 7.

IMP: To ensure correct positioning, please read the checklist on the following page!



fig 5



fig 6



fig 7

To ensure you have the positioning correct, check the following:

- * There is an equal amount of fabric on either side of your baby.
- * Your baby's bottom is in line with the 'smile'.
- * Your baby can breath easily and their head/face is not covered with fabric.
- * You baby's chin is NOT dug deeply into their chest (as this can block baby's airways).
- * Your baby is facing upward and is not pressed up against you.

Helpful tips for starting out:

- * A firm, steady and confident hand go a long way when learning to use your sling with a new baby.
- * If nervous, use a doll or soft toy to practice with in front of a mirror before handling your baby.
- * Feel for the label when putting your sling on as this determines where the 'smile' is.
- * If you are at home, try putting your sling on in front of a mirror.
- * Whilst out & about, try using the car or shop window for the reflection to aid in positioning.
- * Ask a friend to watch.
- * Be guided by your baby's cues, they will soon let you know!