

# Freedom Slings™



The natural way to carry your baby....

## Wearing Instructions for the Freedom Pouch

[www.freedomslings.co.uk](http://www.freedomslings.co.uk)

Your sling comes ready for wearing right-handed. To use as left-handed, lay the sling out and undo the strap then turn it around and thread the strap through the rings. This is the easiest way to work it out without going into too much detail. With a little practice it is very easy. New babies will often seem 'scrunched' and a bit lost in the pouch; they are very flexible and will soon fill up the pouch.

**Putting your sling on-** Loosen the strap through the rings then hold the padded shoulder section in your left hand and put your right arm through and the sling over your head (fig. 1). The padded strap will rest on the shoulder with the rings on your back the label on the pouch facing outwards (fig.2). Once your baby is in you can tighten the strap easily until it feels comfortable (fig.3).



(fig.1)



(fig.2)



(fig.3)

**Putting your baby in-**When you first try putting your baby in the sling make sure she is relaxed and happy, hold your baby across your chest and shoulder and gently lower in as you pull the sides out. The head must be towards the padded section and the feet will then be in the lower section which is made into a pocket shape. Make sure the sides are pulled. Now tighten the strap as much as is comfortable. Walk round the house while you both get used to the feeling of using the sling.





**Older babies** can sit up in the hip carry position and look out at the world as they get bigger. See pics below on how to place child in this position. (Note that the padded shoulder strap is turned in with the label now toward the body).



**The rings** are placed low down *on the back* (see picture) so they are accessible yet out of the way. To take your baby out simply lift her out then remove the sling.



### **Rings are worn at the back**

**Always** keep the sides pulled up and make sure the pull through strap is at least 10cm from being pulled through. The pockets help prevent this ever being able to happen.

**Never** cook or have hot food/ drinks while carrying your baby or do any activity that is dangerous such as bike or horse riding.

Wearing your baby on your back is not something I would ever advise as it is easy to knock the baby accidentally or have a little one wriggle out.

Fires – As with most products always take extreme care near open fires, hobs etc.

**Each time you wear your sling please check for wear and tear.**

**Enjoy wearing your baby!!**