



Murrsons Pouch Wearing Instructions



www.freedomslings.co.uk

Tel: 01236 780302

Putting on your Murrson's Pouch



Step 1

Make sure your pouch is folded in half with the seam hanging down and the folded edge towards you



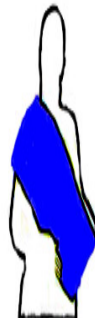
Step 2

Put your arm through the sling with the folded edge towards you.



Step 3

Pull the sling over your head and onto your shoulder. There are a few tacking stitches to hold the sling folded until you are practised at wearing your pouch. If worn correctly these stitches should be on top of your shoulder close to your neck.



Step 4

Make sure that the fabric is spread out across your back and shoulder, this allows for the weight to be spread evenly. Separate the two fabric layers near the hip: this is the pouch where the baby will rest.

Putting your baby in the Pouch



Cradle Carry

Open the pouch and place baby's feet into the opening and pull the pouch up around your arm and elbow. Whilst holding baby, gently lower him/her into the pouch area, evenly distributing the fabric around them. Your baby's head should be in the pouch near your chest and their body supported by the fabric of the pouch. Your baby may

seem squished but this is the correct and most comfortable position as they will soon wriggle around and find their own position much like they did in the womb during pregnancy.

To breastfeed in the cradle carry, lower the layer of fabric closest to your body to allow the baby access to the breast.



Tummy to Tummy

This position is great for babies who like to be held upright. The pouch seam should be in the middle, in line with your tummy button. Hold your baby against your shoulder and then slide them into the pouch, baby's bottom in the middle of the seam. You can either tuck baby's feet in the fabric (some babies will naturally cross their legs) alternatively spread the layers tucking a layer under the baby's bottom up to the knee, and pull the outer layer up the baby's back, it can be pulled to the top of the head for baby's with less head control.



Buddha Carry

Good position when your baby is a little older and more curious about the world. The seam should be in the middle again. Hold baby facing out and slide baby in between the layers of fabric feet first in a seated position, pull the fabric up to their chest, and make sure that the fabric is pulled up behind their back.

Handy Hints

- ◆ Remember to remove tacking stitches when practised at putting your baby in the pouch.
- ◆ To tighten or adjust the sling the top layer of fabric can be folded back over the shoulder to tighten the sling.
- ◆ Remember always to keep fabric between you and your baby
- ◆ You can bend, move around, squat or crouch without baby falling out , give it a go.
- ◆ Babies love to be rocked and cuddled so gentle moving around can often help settle a colicky or upset baby.
- ◆ Newborn or small babies can sometime look a little lost in the sling, DON'T WORRY, you may find it helps to pace a folded lightweight sheet or swaddling wrap under the baby to raise them slightly in the sling.
- ◆ Please remember that your baby's airway needs to be kept clear.

Returns and Safety

Freedom Slings will exchange carriers for fitting purposes if returned in an unused, unwashed condition in original packaging.

Disclaimer

You are responsible for your baby and the correct usage of your sling. Please follow the instructions safety rules and common sense whilst using your sling. Freedom Slings™ will not be held responsible for accident or injury occurring from using the sling improperly. It is your responsibility to check your sling for signs of wear and tear before each use.

Use common sense and always remember to dress your child accordingly. Children and babies can get very warm from your body heat without you realising. Take great care when bending over and ensure your child is in the carrier correctly. In time you will come to know your carriers capabilities and carrying your child will become even more enjoyable for both you and your baby. If you use your carrier on a regular basis I think it is a good idea that you have two slings so that you can rotate them between washing.

Returns can be sent by to;

Freedom Slings

20 Glen Lochay Gardens,

Craigmarloch,

Cumbernauld

G68 0DY

When returning goods Freedom Slings recommends that you send them recorded delivery. Please enclose your name and address details for items requiring exchange.

Thank you for purchasing a Freedom Sling™

Enjoy Wearing Your Baby !

Hip Carry

The most natural way to carry your older child as all their weight is taken across your shoulder and back instead of your arm. Place the seam to your side near your hip, your child's bottom should be in the middle of the seam. Lift your child against your shoulder (fig:1) and lift down into the pouch (fig: 2) spreading the layers of fabric, placing their bottom into the pouch. Pull a layer under the bottom up behind the knee (fig:3), and a layer up over their back (this layer can always be pulled over the head if your child falls asleep). Baby's legs should be parallel to the floor, their bottom at the same level or lower than their knees, this ensures that the weight is evenly distributed.



Fig 1



Fig 2



Fig 3

Twins Carry (requires two pouches)

Twins can be carried in the cradle carry position with a pouch worn on each shoulder one twin to the back and the other to the front as shown. Alternatively they can be carried on the side under the arm as below. This is particularly useful when breastfeeding twins.



Back Carry

Small babies can be carried on the back as above, older babies can also be carried on the back as in picture on left.



Sizing

You should carry your baby in a position that feels comfortable to you both, and this tends to vary from person to person. It is however, important that your carrier does not sit too low as you do not want to bump your baby as you walk. The larger the carrier the lower your baby will sit. As a general guide you should order the same size carrier as you wear t-shirt.

Shoulder to Hip (cm)	Chest Measurement	Weight (Kilos)	UK Dress size (guide only)	ORDER Sling size
58-60	81-91	53-63	8-10	1
60-63	86-96	56-72	10-12	2
63-66	91-96	63-81	12-14	3
66-68	96-106	72-90	16-18	4
68-71	101-106	86-95	18+	5