



# Woven baby sling

by **Hoppediz**

## Tying instructions for front, hip and rucksack carrying





# Warning!

- 1 Please read these instructions thoroughly before using the woven sling.
- 2 Always watch your child and ensure that mouth and nose are not covered.
- 3 Get advice from a health professional if you want to use this product for a premature baby, one with a low birth weight as well as a sickly one.
- 4 Ensure that your child's chin does not rest on his/her chest since this can cause respiratory problems and suffocation.
- 5 Ensure that your child is sitting safely in the woven sling and that there is no danger of falling out.
- 6 Start with short carrying times and increase it gradually in order to have your muscles get used to these new movements. Principally, there is no limit in time regarding the carrying period.
- 7 Pay attention to risks in the home environment, e.g. heat sources, spilling of hot beverages, chemical agents.
- 8 Only use the woven sling for the number of children it is provided for.
- 9 Never use more than one baby carrier at the same time.
- 10 Your movements and the movements of your child can impact your balance.
- 11 You should always be aware of a higher risk that your child might fall out of the woven sling as soon as it becomes more active.
- 12 So please be cautious when leaning or bending forward or to the side.
- 13 Don't carry your child if your balance or mobility is impaired by drugs or illness.
- 14 The woven sling is not suitable for sports activities like running, biking, swimming and skiing.
- 15 Do not carry your child while cooking or cleaning the house or during other activities involving heat sources or chemical agents.
- 16 Don't use the woven sling in or on (motor-driven) vehicles.
- 17 Please check the woven sling at regular intervals for signs of wear or damage (e.g. torn fabric, damaged seams) and do not carry your child in a damaged sling.
- 18 When not in use, keep the woven sling out of the reach of children and store it, e.g., in a sling bag or in a wardrobe.
- 19 Please make sure that your baby is securely positioned in the sling according to the tying instructions and that the knot is held firmly in place.
- 20 Never leave your baby alone in the sling when you do not carry her/him.
- 21 In case your little ones cannot hold their head by themselves, we recommend to support your baby's head by using the sling as a headrest (Wrap cross carry: page 12, picture 16 and page 14, picture 28 . Hip sling: page 21, picture 28 and page 23, picture 41 ).

The Hoppediz® baby sling is not suitable for:



The Hoppediz® baby sling is suitable for:



**Care instructions:**  
washable up to 60° C



**Note:**

Do not use optical brighteners. Do not spin at more than 1,000 revs! Suitable for dryers.



# Contents

- 2 Warning
- 3 Contents
- 4 Everything you need to know...
- 5 Small encyclopaedia of carrying
- 6 How to tie a knot – flat knot
- 8 How to tie a knot – shifting knot
- 11 Wrong carrying!

## FRONT CARRYING METHODS

- 12 Wrap cross carry 

## HIP CARRYING METHODS

- 20 Hip sling 

## RUCKSACK CARRYING METHODS

- 26 Simple rucksack-carry



Carrying methods from  
the first day of life



CAUTION! WE URGENTLY RECOMMEND FOR YOU TO KEEP THESE INSTRUCTIONS FOR FURTHER REFERENCE!

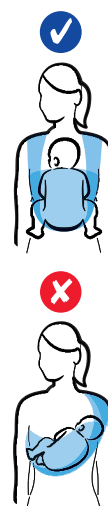
### WARNING!

### FALL AND SUFFOCATION HAZARD

**SUFFOCATION HAZARD:** Babies younger than 4 months can suffocate in this product if face is pressed tightly against your body. Babies at greatest risk of suffocation include those born prematurely and those with respiratory problems.

- Check often to make sure baby's face is uncovered, clearly visible and away from caregiver's body at all times.
- Make sure baby does not curl into a position with the chin resting on or near baby's chest. This position can interfere with breathing, even when nothing is covering the nose or mouth.
- If you nurse your baby in carrier, always reposition after feeding so baby's face is not pressed against your body.
- Never use this carrier with babies smaller than 8 pounds without seeking the advice of a healthcare professional.

**FALL HAZARD:** Leaning, bending over or tripping can cause baby to fall. Keep one hand on baby while moving.





# Flat knot



**i**

The flat knot does not pinch, it tightens when under load, and it can be opened more easily by briefly pressing the two opposite fabric ropes against one another.

The flat knot can be used for each carrying method as a closing knot. It shows the following advantage in regard to a classical double knot: As its name suggest, this knot is lying particularly flat thus offering a significantly more comfortable carrying feeling, e.g. in case of thicker sling fabrics. Moreover, it holds reliably and can be reopened easily.



**1**

Place the sling across your shoulders and grab a fabric rope each.



**2**

Tie a knot in front of your stomach. In our example, the red rope leaves the knot from below and the green rope comes from above. Rule of the thumb: What is above stays above and what is below stays below.



**3**

The lower rope is guided below the upper rope and held tightly.





The free hand takes the loop produced from above and pulls the upper rope back upwards.



Tighten the knot



until it looks like this.



Push the ropes against each other **in order to reopen the flat knot.**



The knot will now come loose



and you can reopen it easily. •



# Shifting knot

The shifting knot is very easy to tie. In our example, the red fabric rope is the “passive” one and the green fabric rope is the “active” one.



1



In order to facilitate knotting, you should first place one foot on the red rope.

2



Then, place the green rope on the red one

3



and then guide it behind the red rope to the front and up.



What is good about the shifting knot is that it can be moved without a weight, but will no longer slip under load (with your baby).





4 Pull the green rope completely to the front



5 and place it again on the red rope.



6 Once again, guide it to the front and up



7 and pull the green rope completely through the loop to the front.



8 Hold the red rope above the knot,



9 pull the green rope and close the knot in a way that it tightly surrounds the red rope. ➤



10

You can easily displace the shifting knot on the passive rope



11

up and down by holding tight the red rope and displacing the shifting knot



12

with the green rope to the desired position.



13

**To reopen the shifting knot**



14

pull the red rope



15

upwards and out of the knot.



16

This will lose the knot



17

completely. •



All variants may also be tied with a normal double knot but these two knots will ease carrying/binding depending on the carrying variant.



# Wrong carrying!

Many parents think that they are doing good for their babies when carrying them with their faces in the direction of movement. Even if you have seen this with another sling or another carrying aid, it is wrong due to the following reasons:



**1** The supporting cloth between the legs cannot be pulled wide enough ("the spread-squat position" is not possible and a round back is prevented). The legs hang downwards/backwards in a non-physiological way and can swing around.

**2** The back is not supported properly because it is being pressed against the stomach/chest of the carrier and, therefore, takes up a hollow back.

**3** The head of the little ones cannot be supported properly and it sways back and forth.

**4** The baby can see what is happening in front of him/her but he/she can only clearly recognize the immediate surroundings. These many impressions may cause overstimulation. If an uncertain baby now wants to make visual contact to the person carrying and cannot find it, he/she would start to cry.



**5** The baby is sitting on the lowest point of the upper body, so his/her weight cannot be held regularly tight by the sling. Boys are subject to pressure against their testicles and girls to their pubic bones.

If you are still of the opinion that you should carry your baby in the sling looking forward you should tie him/her in this way and have a look in the mirror to see how your baby is hanging in the sling!

## ALTERNATIVE:

If your baby is very curious and cannot see enough when carried in the different front carrying variants, please try the hip carrying and rucksack carrying variants. With these variants, your baby can look in "the direction of travel".



# The wrap cross carry

Right from the beginning



This carrying variant can be used for the very little ones because you wear your baby in an ideal position on your body. It is especially comfortable in the summer because only one sheet of fabric is covering the baby. However, when your little one has grown more, you should switch to another variant because with the described method you carry most of the weight on the upper part of your shoulder/neck; this can turn nasty in case of a heavier weight.



1

Grab the centre of the sling (stork label) at the edges and spread it out before your upper body.





2

Guide the fabric sheets tightly over your chest to your back.



3

Only let the sling edges slide through your hands.



4

Now take both sling edges



5

in one hand.



6

The other hand reaches out "under the skirt"



7

and grabs



8

the opposite sling edge.



9

Now cross both fabric sheets on your back



10

but don't let the edges slip away. ►



11

Spread your arms just like a bat



12

and guide both fabric sheets over your shoulders to the front.



13

Then, closely gather the fabric ropes over your shoulders.



14

Ensure that the fabric ropes are lying completely on your shoulders.



15

It is important that the inner edges of the sling show the same colour at your neck as the sling edge of the stork label in front of your chest.



16

Turn the upper edge of the sling in front of your chest two or three times to the outside (width approx. 1.6 inches).



17

Pay attention to turn the sling even under your armpits.



18

Optionally, you can fold in a molleton, for example, in order to have a cushioned headrest.



19



Please ensure that the molleton is folded in until your armpits.

20



The wrap cross carry should look like this from behind. In this position, clothing often rides up. If this is the case pull it down.

21



This is what it looks like on the front.

22



Now prepare a pouch

23



in front of your chest.

24



Place your baby on your shoulder and hold him/her with the "safety grip".

25



Open the pouch with one hand and let your baby

26



slide slowly into it.

27



Take your baby's legs out of the pouch and pay attention to secure your child with the other hand. ►



28

Pull the headrest up to the ears of your baby.



29

Push the fabric of the lower part of the pouch between your baby's legs to your stomach and ensure that the sling has no wrinkles on your baby's back.



30

Take the inner sling edge, gather about half the sling and then pull the rope firmly upwards.



31

Change the supporting hand for your baby



32

and pull the second rope as firmly like the first one.



33

Take the lower sling edge, gather again about half the sheet and then pull the rope diagonally upwards.



34

Also pull the second lower rope as firmly as the first one.



35

Take a rope in each hand in the area of the headrest



36

and spread your arms upward and to the sides.



37



Important: don't pull to the front, only upward!

i

It may help to move your bum around a bit. You will notice how much of the fabric is still available until it is really tight.

38



Maintain the tension and guide the fabric ropes with stress alongside the right and the left side of your baby's body

39



and to his/her butt

40



where the fabric sheets are crossed.

41



Guide the fabric sheets below the legs of your baby

42



to the back

43



and knot them together

44



with a flat knot (refer to "How to tie a knot"). >



45

Still your baby is not sitting in the correct "spread-squat position".



46

In order to bring your baby into this position, you grab his/her popliteal fossa and tilt his/her bum back.



47

Now, the fabric ropes have slipped into the popliteal fossa of your baby and his/her bum is lower than his/her knees = proper "spread-squat position".



48

This is what the wrap cross carry looks like from the front if you tied it properly.



49

If the fabric ropes in your back reach further than to the middle of your thigh



50

guide it back to the front below your baby's legs and tie them in front of your stomach. •





# Alternative knots

Tie the sling up to figure no. **38** according to the instructions “wrap cross carry” and then continue as follows:

**i**

Many carrying parents prefer this variant since it is more comfortable and, therefore, they choose “the twist”.

**1**



The fabric sheets below the bum of your baby

**2**



are twisted two or three times

**3**



and then guided to the back below the legs of your baby



**4**

and then tied. •





# Hip sling

Right from the beginning



The hip sling is a tying variant that can be tied with a long sling. It is very convenient and comfortable to wear. Prior to tying this variant you should decide which side your baby shall sit.



1

First decide on which hip you want to carry your baby. Spread the sling on your arm on the opposite side. The centre markers (stork labels) are on your shoulder and wrist, respectively.



2

Gather the sling completely





3

up to your shoulder.



4

Grab the edge on the outside of your shoulder with your hand from under the sling



5

and twist the rope behind your back.



6

Then, get back the rope in front of your chest



7

and gather the sheet



8

again.



9

Then place the gathered sheet



10

on the rope that is placed on your shoulder from behind.



11

Now place this rope ►



over your shoulder back to your back.



13

If you have done this properly, it looks like this.



14

Still, the rope is placed quite high above your chest.



15

Pull the loop a bit more down on your chest



16

and move the two ropes under the loop to the front of your hip.



17

Tie a simple knot.



18

Look for the upper and the lower edge



19

and make a pouch out of the loop



20

using the complete width of the sling.



21



Let this pouch simply collapse.

22



Place your baby on your shoulder,

23



let it slip from your shoulder into the pouch, and

24



grab his/her feet from below.

25



The baby is sitting in the loop above the knot. Ensure in all cases that one leg of your baby is placed in front of your body and the other one is placed behind your body.

26



Look for the upper edge of the loop

27



and pull the upper edge

28



of the thus produced pouch up to the ears of your baby.

29



Since the pouch is not tight on your baby's back ►



30

you must pull it bit by bit over his/her back to the outside.



31

This is how to pull the fabric correctly to the outside.



32

Now take one rope in each hand



33

and tighten the knot.



34

Now tie a second knot (flat knot, refer to "How to tie a knot").



35

Fan out the rope on your shoulder well.



36

Squat your baby carefully (bum lower than the knees).



37

This is what a properly tied hip sling looks like.





38

If the fabric sheets are still too long



39

tie them again on your back with a double knot.



40

This is what the hip sling looks like with the sheets tied once again.



41

When your baby has fallen asleep you can support his/her head by pulling the sling edge over his/her head. •



42





# The simple rucksack-carry

Carrying methods for when baby can hold his/her head by him/herself

(beginning from the 4<sup>th</sup> month)



The good thing about the rucksack-carry position is that you are carrying the weight of heavier children on your back where it is much more comfortable and easier. Furthermore, your front is free and you can do a lot of things. Your baby also has a super view of the world beneath from up there! Once children are starting to learn to walk, the rucksack-carry method is very good because you can react to your children's needs (with the sling in a rucksack or the pocket for the return journey) much better than you could with a pram in one hand and the child in the other.



Try this variant at the beginning with a second person for support until you are practised and feel certain.





1

Spread the fabric in the centre (refer to stork label) of you on a flat surface and lay your baby down. The upper edge (tip edge) should be in the area of your baby's ears.



2

Gather the fabric from the lower edge to the popliteal fossa of your baby. The palm of your hands should point upwards.



3

Bring both ropes to the body core of your baby



4

and grab both with your left hand. Your thumb is pointed upwards.



5

The ropes must in all cases be in the centre of your baby's chest.



6

Now pull the lower edge of the fabric into the popliteal fossa of your baby and, in this way, squat his/her legs a bit.



7

Tighten the lower edge of the fabric first on one side



8

and then on the other side. >



9



10



Maintain the ropes with your left hand very tightly, retighten the upper edges. If you have retightened the edges in a correct manner your fist will touch the centre of your baby's chest (stork grip).

Lift your child with your left hand, support his/her bum with your right hand

11



12



13



and hold him/her transversely in front of your body. Pay attention that one of the ropes is in front of your baby's body and the other one lies behind your body.

Now lift your baby

until he/she is in the area of your chin.

14



15



16



Place your baby over your right shoulder onto your back.

It is essential that your right hand always supports your child.

Your left hand sorts out the fabric sheets





17

on your back and pulls the rope still positioned on your back to the side



18

and to the front so that the fabric sheets are lying on the right and on the left side of your neck.



19

Now take your left hand to your back and grab the feet of your baby.



20

Bend over with a stretched back



21

forwardly and bring your baby in a position that is comfortable for you.



22

Grab with your left hand the lower edge of the sling between the legs of your baby.



23

Spread the fabric of the sling over the bum of your baby and continue to support him/her with your left hand.



24

Now grab with both hands the lower edge of the sling ►



25

and place it between you and your baby. Thus you have produced the pouch.



26

Your left hand still supports your baby.



27

Now tighten the tip edge securely.



28

At the same time, gather the edge



29

bit by bit



30

until you have the complete rope



31

in one fist.



32

Now turn the gathered rope



33

three to four times inwardly.

34



Guide this twisted rope under your armpit to your back over the leg of your baby under his/he bum and leave your hand there in any case.

35



Now gather the second tip edge as described above

36



until you hold this complete rope in one fist.

37



Also twist the second rope three or four times inwardly.

38



Guide this rope also from under your armpit to your back.

39



The rope runs over the leg of your baby below his/her bum.

40



Sort the ropes under your baby's bum

41



so you can

42



cross them. >





43



Guide the fabric ropes below the legs of your baby to the front

44



of your stomach.

45



Tie a simple knot in front of your stomach.

46



The lower rope is guided below the upper rope and maintained.



47



The free hand now grabs from above into the produced loop

48



and pulls the upper rope back upwards.

49



Tighten the knot.

50



If there is still loose fabric in the knot, tighten it now.

51



If the rope after tying a knot are still longer than half your thigh, guide them to your back

52



and knot them once again.

53



This is what the proper simple rucksack-carry looks like from behind



54



and thus from the front. •

# Woven baby sling

by **Hoppediz**

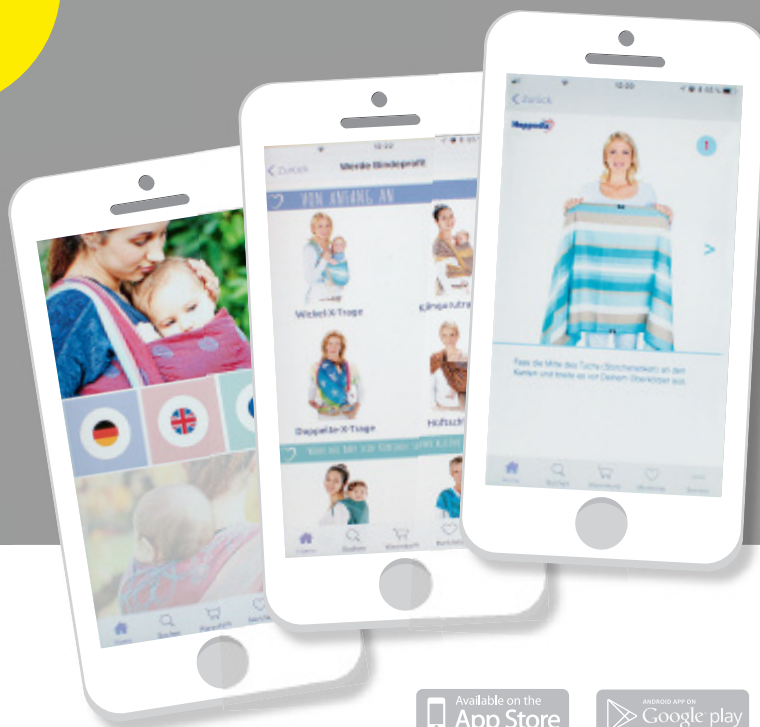


**HOPPEDIZ® to go** – always well tied when you are out and about!



Further tying variants, tricks and information can be found on [www.hoppediz.com](http://www.hoppediz.com)

And with the HOPPEDIZ® App you can carry all binding variants and a lot of great features on your tablet or mobile phone.



The HOPPEDIZ® team would like to thank Bettina Attenberger (*trageschule nrw*) for the constructive and harmonic cooperation when establishing these new tying instructions.

# Hoppediz®



Hoppediz GmbH & Co. KG  
Zum Scheider Feld 45 · D-51467 Bergisch Gladbach  
☎ +49 (0) 22 02-98 35 0 · ✉ [info@hoppediz.de](mailto:info@hoppediz.de)  
[www.hoppediz.de](http://www.hoppediz.de) · [www.hoppediz.com](http://www.hoppediz.com) · [www.hoppediz.fr](http://www.hoppediz.fr)



Copyright by **Hoppediz**

Reprinting or copying of any type is only allowed by agreement and with the permission of HOPPEDIZ® GmbH & Co. KG.



4 250431 342170