



Double Cross Carry

Right from the beginning



The double cross carry is advantageous because it can be pre-tied without a baby. If your baby wants to have a rest or sleep, or he/she is teething or colicky, you can take him/her out and put him/her back in as often as you like. If the weather is bad, you can also pre-tie it at home where you are nice and dry.

This variant can be used right from the beginning as soon as you have really understood it, and also later when babies are bigger and heavier since their weight can be very well distributed on your back.



1

Grab the centre of the sling at the upper edge (see stork label).



2

Now start gathering the sling from top to bottom



3

until you have a rope.



4

Place this rope around your back at the height of your waist.



5

Then guide the ropes back to the front of your body.



6

The stork label must be in the middle of your back.



7

Now cross both sheets in front of your stomach. The palm of your hands should point upwards.



8

Guide the two fabric ropes



9

onto your shoulders and place each of them right and left next to your neck.



10

Now grab the upper edge of the sling on your back with both hands. The edge has a double seam and can be felt easily. ►



11

Grab it with your thumb and index fingers.



12

In a first step, follow the edge to the front of your stomach.



13

Then, continue in the direction of your shoulder where it should be lying next to your neck.



14

Now arrange the rope on your shoulder beginning at your neck and create folds.



15

In the end, the rope lies completely in folds on your shoulder.



16

Repeat this with the rope on the other shoulder.



17

The fabric sheets are now well arranged and widely spread over your back.



18

Now take both ropes



19

and cross them as low as possible on your back. This serves for a better weight distribution.



20

Take the crossed ropes back to the front



21

and bring them together in front of your stomach.



22

Tie the fabric ropes



23

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



24

It is essential that you tighten the knot very well.



25

Now place your forearms from the outside into the cross.



26

With these "praying hands" you bring the cross to the height of your belly button above the knot. Pay attention that the fabric sheet around your waist is tight to your body when pulling down the cross.



27

Pick up your baby



28

and put him/her on your shoulder. Use the "safety grip". >



29

Your baby is lying on your shoulder and it is very important, that his/her arm lies behind your neck.



30

Now grab into the cross from below with your free hand and take the foot of your baby.



31

Guide the foot through the loop downwards.



32

Now place your baby onto the other shoulder.



33

Grab from below into the cross as before



34

and take the second foot of your baby.



35

Your baby should be sitting centred on the cross.



36

Look for the edge of the inner fabric sheet.



37

Spread this sheet on the back of your baby



38

little by little until it is free of wrinkles on his/her back.



39

Repeat this spreading with the outer fabric sheet.



40

The same amount of fabric should be in the popliteal fossa of your baby in order to make a cushion.



41

In order to relieve your shoulders and neck, pull the outer edge of the lower fabric rope



42

down to your wrist



43

and then fold it back to your shoulder.



44

Repeat this with the rope on the other shoulder.



45

Lean forward in order to check whether the sling is fitting closely enough and supports the spine of your baby. If there is a lot of space between you and your baby you must retighten the fabric rope as follows:



46

Open the flat knot. ▶



47

Clamp one of the ropes between your legs.



48

Pull the other rope outwards to the side



49

and retighten it by pulling the opened rope bit by bit.



50

Then guide the retightened rope below the leg of your baby



51

and fix it between your legs. Now pull the second rope outwards to the side,



52

open it and also retighten it bit by bit.



53

Then also guide the retightened rope below the leg of your baby



54

in order to tie a flat knot



55

with both ropes (refer to "How to tie a knot").



56

Tighten it well!



57

If both sheets hang down over more than the middle of your thigh guide them to your back



58

and knot them once again



59

with a flat knot/double knot.



60



61

Now your baby is sitting in the anatomically correct "spread-squat position". This means his/her bum is lower than his/her knees. •

