



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 >



12

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.



If the fabric sheets are still too long



tie them again on your back with a double knot.



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



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



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