



Simple hip carry position

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

(beginning from the 4th month)



Every carrier usually has their favourite side, but we recommend changing the carrying side now and then to protect your hips and to prevent overloading to one side. The hip carrying position is suited for short distances, at home or e.g. when partying. If the little ones are getting tired and fretful they are sitting in the sling, next to your body, feeling well and right “in the middle of the play”. They often fall asleep after some minutes. You recognise the properly tied hip carry position when you don’t need to build a counterweight to your baby and when your spine stays straight or you do not bend in your hip.



1 First decide 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 on your wrist respectively.



2 Gather the sling completely



This is what the correct “spread-squat position” looks like on your hip. The bum of your baby is lower than his/her knees. Furthermore, you can see clearly that you shift your pelvis to one side without the sling.



3

up to your shoulder.



4

Check that the edges have not been twisted.



5

Form a sash



6

and tie the first part of the flat knot (refer to "How to tie a knot").



7

Now pull the edges of the same colour each to get out the unnecessary fabric sheets of the knot.



8

Now tie the second part of the flat knot (refer to "How to tie a knot").



9

Slide the knot to your back. It should lie between your shoulder blade and your spine.



10

Fan out the pouch completely in front of your chest.



11

Push up the lower edge of the pouch to the inside and upwards >



12

and then reopen it. You have now a twisted fabric sheet on your clavicle.



13

Place your baby on your shoulder



14

Use the "safety grip".



15

Grab into the sling pouch from below and grab the feet of your baby.



16

Let your baby slide from above onto your hip. It is essential that one leg of your baby lies in front of your stomach and the other one



17

lies on your back. The rope is lying in the popliteal fossa of your child.



18

Pull the fabric sheet completely over the back of your child. Always secure it with one hand.



19

Pull the upper edge of the pouch as low as possible



20

over your shoulder.

21



This is what the simple hip carry position looks like on the front,

22



from behind,



23



and from the side. •

24



To take the child out of the hip carry position, guide

25



the fabric on your shoulder in direction of your neck.

26



This will loosen the carrying pouch and you can secure your child on your hip with your free hand

27



and pull the pouch with the other hand

28



over your back and



29



the head of your child. •