



The simple rucksack-carry

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

(beginning from the 4th 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



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.

12



Now lift your baby

13



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

14



Place your baby over your right shoulder onto your back.

15



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

16



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. •



The simple rucksack-carry

Stomach-free variant

If you are pregnant or prefer a stomach-free variant, we recommend this great technique.



Tie the sling up to figure no. **44** as described in the instructions for the "Simple rucksack-carry" and continue as follows:



1

The ropes are crossed below the bum of your baby. Fix one of the ropes between your legs.

2

Guide the other rope under tension above your chest to the opposite side



and place it on the rope that runs across your shoulder.



Guide it to from the outside to the inside around the shoulder rope



and pull it completely

out in downward direction.

Pull the rope with a small hitch back into the direction it originally came from. >



8

Now take the rope fixed between your legs and pull it to the opposite side.



9

Guide this rope also from the outside to the inside



10

and around the shoulder rope.



11

Pull this rope also completely out in the downward direction



12

and tighten it with a small hitch into the direction it originally came from.



13

It is up to you to unfold the sheets



14

on your chest.



15

Pay attention to not twist the sling edges.



16

If the edges have come loose you must retighten them.



17

This is what the finished stomach-free variants looks on the front and from the side. •



18

