



The simple cross carry

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

(beginning from the 4th month)

The advantage of this tying variant is that you can pre-tie it without your baby. This way, you can place your baby in the sling or take him/her out as often as you want – e.g. then he/she is teething. And in case of bad weather, you can comfortably prepare the simple cross carry in a dry place.





Grab the centre of the sling (stork label)



and gather it with both hands



until you have formed a rope.



Place this rope on your neck.



Push the sling to your back in order to form a loop and thus far that you can easily grab it.



Cross the fabric sheets in front of your chest



and then guide one of the ropes



across your waist to your back.



Put your free hand through the loop ▶



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and take the rope.



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Pull the rope through the loop



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and guide it across your waist to the front.



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Tie the two ropes



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above your hip bone



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with a flat knot



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



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This is what the simple cross carry should look like from the front.



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Place your hands from the outside under the ropes with so called "praying hands"



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and place the X in front of your body in the area of your belly button.



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It should look like this from the side.



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Place your child with the "safety grip"



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on your shoulder.



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Grab the foot of your baby with your free hand and let him/her slide into the X



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so that the rope is placed in the popliteal fossa of your baby.



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The second leg will be



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positioned in the sitting cross as well. >



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In all cases, the butt of your baby should now be lower than his/her knees.



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Now spread the internal rope



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on the back of your baby.



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Also the outer rope has to be spread from one popliteal fossa of your baby to the other one.



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Pay attention to distribute the fabric sheets evenly and without wrinkles over the back



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and to that an equal amount of fabric lies in the popliteal fossa of your baby.



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



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down to your wrist



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and then fold it back



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to your shoulder.



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In detail, it looks like this.



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Repeat this with the sheet on the other shoulder.



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The simple cross carry looks like this on the front



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and from behind.



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In case of bigger children, the baby's arm can be left outside, of course. •