



# The wrap cross rucksack-carry



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

(beginning from the 4<sup>th</sup> month)

This rucksack-carry variant has a great advantage. Three sheets of fabric are lying on your baby's back for a very good support. In this way, he/she is even more stably wrapped than with the simple rucksack-carry. Longer walks and even hiking tours are no problem with this carrying variant.



Try this variant at the beginning with a second person for support until you are practised and feel certain.



1

Put the centre of the fabric (see stork label) into your waistband.



2

Position your baby on your hip.



3

Now guide your baby over your hip and below your armpit to your back. Always secure it with one hand at least.



4

Bend over with your stretched upper body quite far forward and guide your baby to the height of your waist.



5

Grab with one hand to the upper fabric edge of the sling. Your second hand remains on the baby.



6

Also grab with your second hand the upper fabric edge of the sling and pull it over your baby's back.



7

Gather the lower fabric edge in the direction of your baby's bum.



8

Place the lower sling sheet in the popliteal fossa of your baby.



9

Ensure that the fabric is free of wrinkles in your baby's back. Now place the lower fabric edge between you and your baby. ▶



10

Grab the two sheets in front of your chest with one hand. Check with the other hand whether the ropes are fitting well in the popliteal fossa of your baby.



11

Tighten both ropes.



12

Cross the ropes on your chest



13

and tie a simple knot.



14

Guide the first rope



15

well arranged over your shoulder to your back.



16

Fix the second rope between your legs.



17

Arrange the sheet on your shoulder.



18

The sheet on your back will be spread on the back of your baby.



19

One hand gathers the fabric while the other hand holds the fabric edge.



20

Guide the gathered rope below the legs of your baby to the front



21

and fix it between your legs.



22

Now arrange the second sheet.



23

Drive this sheet vigorously



24

to your back.



25

Pay attention that the sheet is completely on your shoulder.



26

Arrange the sheet on your shoulder neatly. >



27

Also spread the second sheet out well on your back.



28

Spread the sheet on the back of your baby.



29

One hand gathers the fabric while the other hand holds the fabric edge.



30

Guide the rope below the leg of your baby to the front.



31

Now, both ropes are in front of your body.



32

Take both ropes in your hands



33

and tie a



34

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



35

Tighten the knot very well.



36

Pull the unnecessary fabric out of the knot by pulling the edges of the same colour.



37

In order to release your shoulders, you can pull the outer sling edge in the direction of your upper arm



38

and then fold it up.



39

This is what the properly tied wrap cross rucksack-carry looks like on the front,



40

from behind and from the side. •



41

