

# Herbalbaybee Ring Sling

## User Instructions



Place ring end on chosen shoulder, and gather the end of the tail



Put the tail of the sling through both of the rings.



Put the tail back over the first ring and under the second



As pictured



The inner rail is pulled up to create a hammock for your baby. The tail is pulled through the rings until the hammock is almost the correct size for your baby.

# Newborn Carry

(For newborns to about 3 months)



Carefully support your baby as you put him/her in the sling



Hold your baby where you want him/her to be and pull the tail to tighten it.

(For maximum comfort wear your baby high)

Pull one side of the tail to tighten the inner rail and the other side to tighten the outer rail



You may also wear your baby with his/her head next to the rings

# Newborn Vertical Hold

(For newborns to about 3 months)

Some babies prefer to be carried vertically. I find this an excellent way to soothe colicky babies.

Start by setting up your sling as for the newborn carry except that you will have the inner rail a little lower and the outer rail a little higher.



Carefully support your baby as you place him/her in the sling. Baby's legs should be in a "frog" position in the sling

Tighten the sling as you did for the newborn carry. Baby is facing to the side. The upper rail high enough and snug enough to provide head support

# Kangaroo Carry

Similar to the newborn vertical carry only baby is facing outwards and cross-legged (this is only suitable for babies with head control)

# Hip Carry

(For older babies who have outgrown the kangaroo carry, approx. 6 months +)



Your baby should be straddling your hip. Tighten your sling until comfortable for you and your child.

## **CHECK YOUR SLING**

Inspect your baby carrier before each use. Check fabric, seams, fasteners, rings, and all other components. **DO NOT** place a baby in the carrier if there is damage to **ANY** component.

With many popular baby carriers, your baby is not tied in. You must pay attention to your baby's security.

## **SECURITY**

Make sure it is snug but not so tight that breathing could be restricted. It should come up high enough across baby's back and be snug enough so that baby cannot arch back and fall out.

For carriers such as slings and pouches, when wearing your baby on your hip, be sure the fabric comes out to baby's knees.

Failure to use your carrier properly or to pay attention to the child could cause the baby to fall out of the carrier and result in serious injury or death.

## **CLOTHING**

If your baby is wearing loose fitting clothing or shoes, be careful when putting baby in the carrier or when repositioning him so that his garment or shoes don't twisted or get caught in the carrier. Failure to do so may result in injury to your child.

Please remember that your body is very warm and your baby may not need to be dressed as warmly as when she or he is not in your baby carrier. Do not allow your baby to become uncomfortably warm in your carrier. Overheating an infant may increase the risk for SIDS

## **BREASTFEEDING**

Do not use a nipple shield when breastfeeding your baby in your carrier. Be sure your baby can breathe adequately while nursing – you may have to hold your breast away from baby's nose. If your baby falls asleep while breastfeeding, please ensure that your baby is breathing normally.

You can reduce the risk of MASTITIS by making sure that your baby carrier does not dig into your breast tissue.