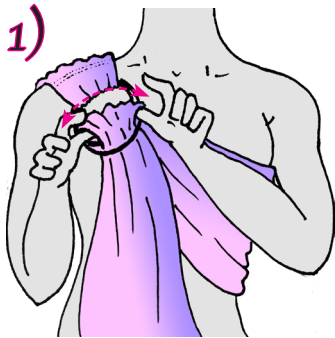
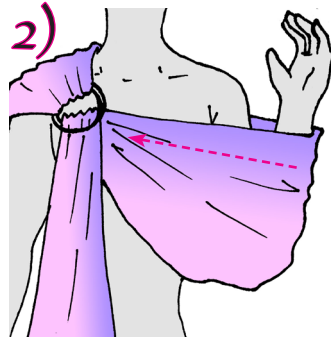


# Using Your Ring Sling

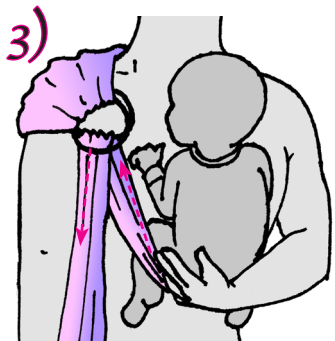


1) Start with rings on your shoulder, with the fabric spread across your back. Bring the tail up through the rings, then down over the 1st ring and under the 2nd. Work your thumbs under the fabric over the first ring and use your index fingers to walk the fabric from one hand to the other hand to straighten it out.

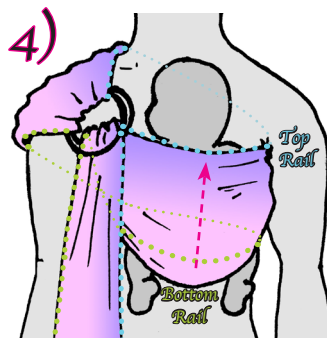


2) Place the rings at "corsage" position\* with the fabric capping your shoulder from neck down the top of your arm. There should only be enough slack for baby - no extra. Use your arm to gauge space.

*\*If you struggle with the rings ending too low, you can start the rings up high on top of your shoulder.)*

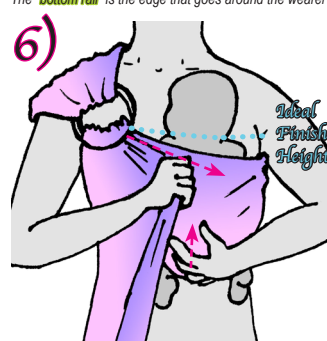


3) Place baby at desired final placement. Newborns should be centered high on your chest. As they get older they can be moved off center, and sitting babies can be moved all the way over onto your hip. Take this opportunity move any loose fabric around your back, under baby and **toward the rings**. Pull the tail down so that the bunched fabric under baby is snugly supporting baby under their knee-pits.



4) Find the **top rail\*** and pull the it up snugly over baby's back. Newborns need the wrap up to their neck. Older babies (of an age that you would naturally pick them up under their armpits) can have the rail pulled up to their armpit level with their arms out. All extra fabric should be bunched under baby's knees. Knees should be higher than their bum in an "M" shape. Gently push up on baby's heels to deepen the seat if needed.

*\*The "top rail" is the edge that extends from the inside edge of the rings, around the top of your back, behind baby's neck, and down the inside of the tail nearest to baby.  
The "bottom rail" is the edge that goes around the wearer's arm, under baby's knees and to the outside of the tail away from baby.*



6) To tighten the top rail, use your hand opposite the ring side to lift baby's weight up and your ring-side hand to pull the top rail **horizontally** behind baby's neck. Pulling straight down can cause the fabric to bunch in the rings. Ideally, the top rail should end up **completely horizontal** from the rings to your opposite armpit. If the wearer leans forward, baby should not gap away from the wearer but should still be snug and supported.

# Helpful References



Seat-making tips in a ring sling - Bwifolianta



(basics) Newborn ring sling classic - Wrayouinlove



Everyday Babywearing Facebook Group

## Pro-tips:

To wash your sling, put it inside a pillowcase or laundry bag and wash on cold. Put a clean dry sock over the rings before tumble drying to keep the rings from banging around in the dryer. If your sling is still new and stiff, you can soften it by steam ironing, running it back and forth through the rings, or even just sitting on it!

Never use bleach or fabric softener on your ring sling! Bleach will damage the fibers and fabric softeners can cause the fabric to slip through the rings too easily. Liquid detergents are better for the fabric than powdered.

If you can't find a local babywearing group, take a mirror selfie and post it to an online babywearing group wearing is often fixable with a few easy adjustments.

Keep your baby close and keep your baby safe. When you're wearing a sling or carrier, don't forget the **T.I.C.K.S.**

- ✓ TIGHT
- ✓ IN VIEW AT ALL TIMES
- ✓ CLOSE ENOUGH TO KISS
- ✓ KEEP CHIN OFF THE CHEST
- ✓ SUPPORTED BACK

**TIGHT** - slings and carriers should be tight enough to hug your baby close to you as this will be most comfortable for you both. Any slack/loose fabric will allow your baby to slump down in the corner which can hinder their breathing and pull on your back.

**IN VIEW AT ALL TIMES** - you should always be able to see your baby's face by simply glancing down. The fabric of a sling or carrier should not close around them so you have to open it to check on them. In a cradle position your baby should face upwards not be turned in towards your body.

**CLOSE ENOUGH TO KISS** - your baby's head should be as close to your chin as comfortable. By tilting your head forward you should be able to kiss your baby on the head or forehead.

**KEEP CHIN OFF THE CHEST** - a baby should never be cradled so their chin is forced onto their chest as this can restrict their breathing. Ensure there is always a space of at least a finger width under your baby's chin.

**SUPPORTED BACK** - in an upright carry a baby should be held comfortably close to the wearer so their back is supported in its natural position and their turning and chest are against you. If a sling is too loose they can slump a baby's back and pressing gently - they should not want to move closer to you! A baby in a cradle carry in a pocket or ring sling should be positioned centrally with their bottom in the deepest part so the sling does not fold them in half pressing their chin to their chest.