

Not recommended for babies under 4 months.
Be aware of your baby at all times.

For starters, hold sling up and slide your head and your left arm through the loop of the sling, with the rings and the tail out to the front. Fan out the pleats that stem from the rings comfortably over your right shoulder. (This can be reversed for those of you who carry your baby on the right-hand side)

1. Cradle Hold

4 months to 6 months

(There are a couple of variations - it is the best position for breastfeeding)

Always support your baby's head when first placed in the F.A.L. Design Baby Sling until the sling has been tightened enough to provide support. You can place baby's head in either side of the sling. This is an excellent position for nursing baby. When you nurse you can completely cover yourself with the tail of the sling by pulling it up and draping it over your shoulder. For the cradle hold pull one side of the sling up against your chest to create a deep, secure pouch. Open the pouch with one hand and set baby in, with head on either side, while supporting baby's head and weight. While still supporting baby, tighten the sling by pulling the tail. Pull the outside of the tail, just below the rings to tighten the inner rail of the pouch, and the inside of the tail for the outer rail of the pouch. Make sure the sling has been tightened enough to support baby sufficiently and keep baby secure. If you feel like baby is too deep in the sling you can make the pouch shallower by pulling more of the fabric up against your chest, or by putting a small blanket or pillow in before setting baby in, being sure the blanket or pillow is clear of his or her face. You can also angle baby's body so that baby's head is higher and can see out a bit.



2. Snuggle Hold

4 months to 6 months

Some babies are happier in a vertical position. Place your baby carefully in the sling in a vertical position with baby's chest to yours. This is a good burping position. When baby has head control you can just pull the sling up over baby's shoulders and tighten it enough to hold baby snug to your chest. It is recommended that you keep baby's knees together as much as possible in this position to help promote proper development.



3. Kangaroo Carry

4 to 6 months to 1 year

This position is for babies who have head control. For this position hold the pouch open and place baby facing out in a crossed legged position. While supporting baby's weight tighten the sling by pulling the tail. You will probably also want to tighten the outside rail of the pouch, to keep baby secure, by pulling the inside edge of the tail just below the rings.



***Tip:**

To prevent clanging in the washer and dryer, tie a sock or wash cloth around rings.

4. Hip Straddle

6 months to 35 lbs.

(and Safety Hip Carry Variation)

This position can be used as soon as your baby can sit up. This is a great position for heavier toddlers because your hip supports the majority of baby's weight. Put your child in the sling, resting baby on your hip with baby's legs coming out the bottom of the sling and straddling you. The top of the sling should either come up to baby's shoulders or just below baby's arms and the bottom should cover baby's bottom and extend to the bend in baby's knees. Tighten the sling until baby is secure. For the Safety Hip Carry Variation just slide baby and sling around just enough so that baby's upper body is slightly behind yours. This carry is good when you are doing something that you want to keep baby's hands from getting into.



5. Back Carry

12 months to 35 lbs.

The back carry position is for older babies. Put the sling on with the rings slightly behind your shoulder. Put your baby in the sling in the hip carry position with babies arms covered. Then carefully slide your baby around to your back. Until you are used to this position you should always have a second person check to ensure that your baby is secure. **Remember that baby is not tied or strapped into the sling.** As with all positions the Back Carry should only be used with a cooperative child.



Safety Warnings

- YOU ARE RESPONSIBLE FOR READING AND FOLLOWING THE F.A.L. DESIGN BABY SLING INSTRUCTIONS PRIOR TO USE. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY OR DEATH TO YOUR BABY. FAL DESIGN IS NOT LIABLE FOR INJURIES THAT OCCUR WHILE USING SLING.
- NOT RECOMMENDED FOR BABIES UNDER THE AGE OF 4 MONTHS OR UNTIL PROPER HEAD CONTROL CAN BE MAINTAINED.
- F.A.L. DESIGN BABY SLINGS ARE SAFE, SECURE AND COMFORTABLE IF USED PROPERLY.
- WE OFFER SLING SUPPORT SO PLEASE CONTACT US WITH ANY QUESTIONS AT 814.689.3301, OR VIA EMAIL AT fara@faldesign.net.
- F.A.L. Design Baby Slings are NOT to be used with children over 35 pounds.
- USE COMMON SENSE. Be aware that the F.A.L. Design Baby Sling, like all brands of slings, has no straps holding your baby in. Baby CAN climb out. DO NOT use the sling with an uncooperative child.
- Until you are very comfortable using the sling, always keep one hand on your child for safety.
- Always hold onto your child when bending over or moving quickly, you do not want him or her falling out of the sling.
- Be careful going around corners and through doorways or moving around anything sharp or hot. Your child's head or limbs may extend beyond your body.
- Never cook while wearing baby in the sling.
- F.A.L. Design Baby Slings are not to be used while participating in any sports.
- F.A.L. Design Baby Slings ARE NOT CAR SEATS or a bike seat. It is only to be used to carry your child.
- Do not put anything but your child in the sling.
- Always be aware of the rings as you take off or put on a sling when a baby is in it. The rings are created to hold a lot of weight and could hurt your baby if they were to hit him or her.
- Before each use make sure the fabric and seams are in good condition. If there are areas that look worn or frayed do not use it.



handmade
baby sling
instructions

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