

Snuggle- hold carry

“frog” on
the hip

(suitable for babies
from day 1)



1. Take the centre of the sling in your left hand, then use your right hand to grasp the cloth about 50 cm further along and drape it over your shoulder.



2. Wrap the end in your left hand around your waist, beneath the end hanging down on your right, then drape it over your right shoulder above the first end.



3. Spread out the pouch of cloth now in front of your tummy, place baby on your left shoulder and slide her down into the pouch, onto your hip. Her feet should be outside the pouch.



4. Pull the sling smoothly over your child's back so that it reaches up two finger widths above her ears; smooth down the fabric towards her bottom, tucking any remaining fabric in between her nappy and your hip. Now take the upper end from your right shoulder.



5. Pull the head edge of that side round tightly and transfer it to the hand supporting your child's bottom.



6. Now use your right hand to grasp the head edge of the end on your shoulder and pull it through under that side outward, over your shoulder.



7. Transfer the end you were already holding tight into your right hand. Reach behind you with your left hand and draw forward the end hanging over your shoulder. Pull the head edge tight.

Now, first pull the end in your right hand tight strand by strand, then do the same with that in your left hand.



8. Finally, tie the sling in a double knot under your child's bottom. The two ends go **over** your child's legs to form the knot.

Final step:

Lift the child's bottom up slightly with your left hand and use your right hand to grasp a fold of fabric from the side near your neck, then pull it over your shoulder.

