



1. Lay the sling on your shoulder so that the rings are in front of your body, and the tail of the sling hangs behind your back.



2. Hold the rings with one hand. Slide the other hand under the sling and grab the bottom rail.



3. Pull the rail to the front, creating the so-called twist on your back. Now, the outer rail will be the top rail that will be placed next to your baby's neck. Gather the sling like a "harmonica", watching the top rail at all times.



4. Put the gathered fabric from the bottom through both the rings.



5. Set up the appropriate length of the loop formed by the sling. The sling should reach around the height of your hip.



6. Put the sling over the top ring and under the bottom ring.



7. Adjust the sling fabric so that the rails are visible, and the fabric is harmoniously shaped.



8. Rest your baby on the shoulder on which you do not have the rings. Put your baby's legs under the sling strand.



9. Sit your baby on the sling. The strand of the fabric should run under the thighs and the bottom of the little one.



10. Pull the top rail up to your baby's ear. Make sure that your baby's both hands are bent and that your baby does not straighten his or her hand under your armpit. Also, check if both of your baby's shoulders are enveloped in the sling.



11. Swinging forward a little, slide your hand under your baby's leg from the side of the rings. Grab the bottom part of the sling and put the excess of the fabric under your baby's bottom. The fabric on your baby's back should be smooth, with no folds or creases.



12. Lead the loose fabric from the region of your baby's neck and shoulders towards the rings.



13. Tighten the loose fabric from the top side of the sling towards your baby's shoulders.



14. Tighten the sling piece by piece diagonally towards your baby.





15. Finally, check the tension of the fabric on your back and, if necessary, tighten it where it is too loose. Make sure that your baby is positioned symmetrically, i.e. the knees are at the hips' height, the hands are bent, and the face is uncovered. Also, check if the wrap is tight enough and supports your baby's bottom and thighs.



16. READY!

CAUTION!

The ring sling is suitable for wearing even the youngest new-borns. However, remember to lay small babies, that are not capable of holding up their head yet, in the ring sling in the middle of your chest or slightly moved to the side. It is especially important, when you have a new-born or a little baby, that the legs are bent and a little, but not too widely, apart. Also, pay attention to the symmetry of the little one's position. Older baby may be worn in the ring sling on your hip so that his or her legs embrace your hip. The ring sling strains your spine asymmetrically, so remember each time to switch the shoulder on which you wear your baby.

**IMPORTANT! READ CAREFULLY
AND KEEP FOR FUTURE USE
& REFERENCES!**



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