

HIP CARRY

For the sake of these instructions, we will be picking up from the “Threading Your Ring Sling” video tutorial.

The hip carry can be used once your baby has attained good head, neck, and upper body control. This will vary from child to child, but usually this milestone is achieved between the ages of 4-6 months. Please note your individual baby’s abilities and development to determine whether or not he is ready to be carried in the hip carry position.

Place your baby into the “pouch” part of the sling facing you, positioning him on your hip. We find that



babies ride more securely if they ride with at least one leg tucked inside the sling, usually the “back” leg; front leg can be left extending out from the lower rail of the sling. An older child may securely ride with both legs extending out from the bottom of the sling, as shown in the photo. Make sure the bottom rail is securely underneath your baby’s bottom, extending to the back of your baby’s knees, but not putting undue pressure up against the back of the knee area. The top rail of the sling should be positioned at the baby’s shoulder level; an older child may ride securely with the upper rail at the level of their armpit.

The baby’s bottom should be positioned so that the level of his “front” knee is higher than that of his bottom; you may need to adjust the upper and lower rails several times in order to position your baby correctly this way. Note the arrow in the photo above. This position will help prevent the baby from being able to slide himself out of the bottom of the sling should he stiffen or straighten his body/legs in an attempt to get out of the sling.