

GIRASOL

Baby slings



Carrying instructions

Winding cross carrier
Kangaroo-shaped carrier
Hip carrier
Backpack carrier

A joint venture between
 GIRASOL and MADAME JORDAN AND FRIENDS

Sling guide - no. 1 Winding cross carrier

From birth

1. Spread the cloth out in front of your chest, so that the centre of the cloth is positioned right in the middle.



2. Now cross the strips of cloth backwards, place them over your shoulders, and bring them back to the front. Please make sure that the fabric sheets do not become twisted!



3. The upper edge of the cloth should now lie perpendicular to the top strands of cloth, with the lower parts stretching outwards. On the diagram, you can see this highlighted using the same colours of cloth.

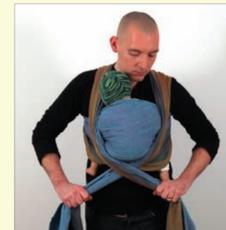
4. Now, before you prepare the baby pouch, please extend the cloth slightly in front of your tummy. Do not overstretch it! This is also a good time to put any items of clothing back into place which may have slipped.

5. Place the baby on your shoulder and allow it to slide into the top of the pouch. Hold it with one hand and move it into the bottom of the pouch and pass the baby's feet through the pouch. The other hand should be placed on the neck to support the baby. Pull the baby down into the pouch as far as it will go, until its legs stick out from its knees in a downwards direction. Remember to keep one hand on the child!



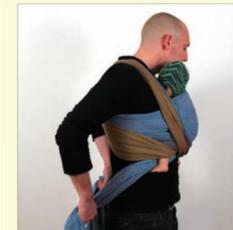
6. Now, grab the edge of the cloth which runs underneath the baby's bottom, and pull as much cloth as possible underneath the bottom. Stuff any excess cloth between your tummy and the baby's tummy until the cloth stretches over the baby's back from the neck downwards, and is free from any creases. Form a pouch in which the baby is able to sit.

7. Now you need to discard the edges of the cloth found below – pull the first edge hard, and then the second horizontally away from you. You can now feel that the edge reinforces the baby's neck.



9. Now stretch only those strips of cloth which fall outside of the baby's legs, cross them at the bottom and place them under the legs by...

8. Now, pull the cloth firmly, bit by bit. Here you must grip the top of the cloth and pull several strands hard from the inside to the outside. Place these tightened parts in the other hand so that they retain their tension. Then repeat this process for the second strip of cloth. Do not allow the tightened pieces to lose any tension! The cloth will slide more easily if you gently move your shoulders from back to front while tightening.



10. ...placing it on your back again, pull the strands once more, so that they are tight and comfortable!

11. Fasten the strands of cloth at the rear by using a single or double knot.



All done!

If you wish, you can now also spread the strips of cloth over your back, e.g. to support the baby's head while sleeping. Unfortunately you will lose a little tension, meaning the baby's back may become a little flattened, and their legs may spread out a little too far. Therefore, we recommend that you only carry bigger babies for longer periods when using this method.

Hints, tips and information



Please ensure that the ends of the cloth do not hang down any further than your own knees! You may be at risk from tripping on stairs or escalators. Place any ends of cloth which are too long into your pockets, or shorten them by tying into knots.



Fasten the baby in a position high enough for you to be able to kiss their head. Placing it any lower may result in long term stress on the back and pelvic floor. If fastened too high, you will be unable to see above the baby's head and your view will be obstructed!

For beginner users with small babies, we recommend first of all that you learn how to use the winding cross carrier, and the kangaroo-shaped carrier in order to familiarise yourself and your baby with the carrier and format.

Those more experienced with cloth may dare to try the backpack carrier as many babies from the age of four months enjoy being carried and being able to look in the direction you are walking!

For a healthy and overall natural carrying experience, it is important that the baby is carried with its legs spread slightly apart in a squatting position, and if needs be, can give those carrying them a cuddle, and detract from outside stimuli. These essential characteristics do not apply when using the carrying technique "face forward". We therefore discourage you from using this particular carrying technique. As a rule, inquisitive babies, who like to see more, generally enjoy being carried on the back.

No need to worry about tying too tightly: Our slings are made from woven elastic which the baby can easily adapt to, just like a new layer of skin. The tighter the cloth is fastened, the better the baby is supported, so those carrying can also feel relaxed. If you tend to use the cloth tied to the front and side, you should be able to feel that the baby remains snugly fastened to your body, and does not drift "into the cloth" or collapse to one side.

If a baby is able to turn on to its stomach and stretch its head upwards using its forearms, then a sling can also be created underneath the arms. However if the baby is asleep, or about to fall asleep, it is better to support the sling by using your arms to support the whole back and neck.

Knots

You can tie a simple double knot when using the winding cross carrier or back carrier.

You will need to tie a single knot when using the kangaroo-shaped carrier. This type of knot is also recommended for use with the back carrier or winding cross carrier.



For the hip carrier, you will need to tie the cloth into a sliding or friction knot.

Do not worry if the sling fastenings are not perfect at the beginning! Allow yourself and your baby time to learn together. Anyway, you can always rely on professional advice should you need further help.

Disclaimer

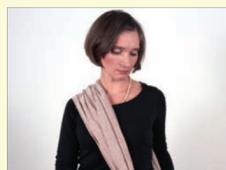
Text / Design: Anna Schwindt / www.berliner-trageberatung.de
 Photos: Ringo Paulusch
 Implementation: www.girasol.de / madamejordan.de

Sling guide - no. 3

Hip carrier

Ideal for babies who can already sit up without assistance

1. Extend the cloth over your arm so that it stretches from your shoulder to your hand, and is free from any creases. The point marking the centre of the cloth should be held in your hand.



3. Bring the strands of cloth together level with your hip.

2. Now slide the cloth out of your hand towards your shoulder and let it lie there bundled together.



4. Feed the strand of cloth from behind, pass it through the other strand and bring it back to the front.

5. Tie a sliding knot and turn the cloth around so that the knot is positioned just below your shoulder. Position the cloth over your shoulder like a cap, and form a pouch at hip height.



7. Grip below the pouch by using the other hand, and slide the baby into the pouch feet first.

6. Hold the baby with one hand firmly under its armpits, and place it on your shoulder.



8. Place the baby on your hip, so that one leg is in front of your tummy, and the other is on your back. Extend the pouch from the baby's knees to under the baby's armpits, pull the cloth tight underneath the baby's bottom, and stuff any excess cloth in between yourself and the baby's tummy.



10. Finally, you are now in a position to fasten the cloth by tying a sliding knot.



9. To create more tension you can now flip the cloth over your shoulder: At armpit height, take hold of the cloth on the outer edge and pull it under the cloth and twist it once only.



11. When using a longer piece of cloth, please be absolutely certain to secure longer ends by placing them inside your trouser pockets.

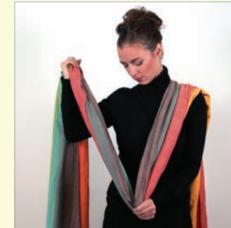


Sling guide – no. 2
Kangaroo-shaped carrier
 From birth

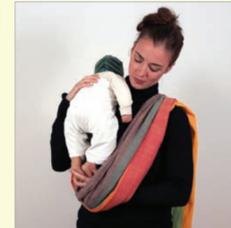
1. Extend the cloth over your arm so that it stretches from your shoulder to your hand, and is free from any creases. The point marking the centre of the cloth should be held in your hand.



2. Now slide the cloth away from your shoulder in the direction of your hand and bundle it all together.



3. Pull the strands of cloth over your shoulders, and use your hand to bring the central point up to the level of your belly button.



4. Now bring your baby over your shoulder, hold its legs down, and slide it into the pouch.

5. Press the baby on the back gently against you, and use your other hand to grip the lower edge of the cloth, before dragging it under the baby's bottom and stuffing any cloth between yourself and the baby. Then pull up any excess cloth towards the baby's neck – this will create a pouch, free of creases, in which the baby can sit.



6. Now place your hand level with your armpit and grip the strand of cloth underneath by taking the edge which runs alongside the baby's head. Pull this edge underneath the strand of cloth until the cloth is twisted and lays flat on your shoulder, where it will form a cap. Shake the cloth backwards so it is nice and flat. Repeat this exact process for the other side!



7. The cloth is now placed over your shoulder.

8. Now place one hand on your back under the first strip of cloth and move it over the second strip of cloth. Turn your hand in such a way as if you wanted to scratch your own back!



9. Now grab the strip of cloth on the outside edge, pull it under the first strip of cloth, and onto the same side as your hand grip. Once you have reached the front, put it on your forearm as if it were a waiter's serviette, and hold it down firmly by using your thumb on the edge which is located towards your body. Repeat this exact process for the other part of the cloth – The strands of cloth are now spread out wide and crossed over your back.



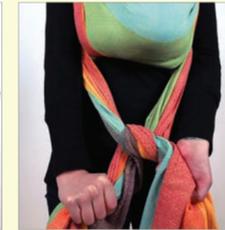
10. Now you can start to tighten the cloth. Start with the edge which faces the floor, and pull it away from you. You should now feel how the front edge is tightening on the baby's head.

11. Then pull the cloth in front of your tummy strand by strand. Grab hold of the bottom of the cloth. Place what you have already tightened into your fingers on the other hand, and hold the tightened cloth underneath the baby's bottom. Do not let go of anything you have already tightened. If you are able to rotate your shoulders from front to back while tightening, then the cloth will slide more easily.

12. You now need to repeat the process of tightening the cloth on the other side by using your other hand.



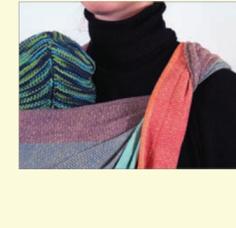
13. Tie the strands of cloth under the baby's bottom in a single knot, but try to keep the same level of tension.



14. Finally hold the baby once again in the hollow of its knees, crouch it downwards, and slide it into the pouch – here you may move it forwards slightly to make sure that everything is nice and firm.



All done!



Should you require more freedom of movement in your shoulders, you may also fold the shoulder cases upwards. Use your thumb to push it from outside into the fabric, and tighten the shoulder straps over the strands of cloth.

Sling guide no. 4
Backpack carrier
 For babies who can already keep their head held upright without assistance.

1. Spread the cloth over the floor, or over an item such as a sofa, or baby changing unit, and place your baby in the middle of the cloth. Begin to gather the cloth together from the bottom, so that the bottom edge moves towards the hollows of the baby's knees.



2. Now gather the cloth together from above the baby's head.

3. Put both strands of cloth over the baby's bottom – but try to grip the pouch around the baby as firmly as possible.



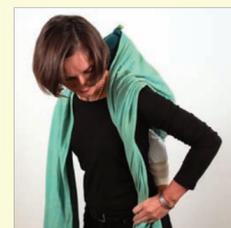
4. Now, take hold of the baby with one hand – the other hand will be used to support the baby underneath.



5. Lift the child gently with your supporting hand onto your back by rolling the baby over your shoulder – the other hand will keep hold of the strands of cloth. When the baby is on your back, divide the strands of cloth and lift one of them over your head onto the opposite shoulder.

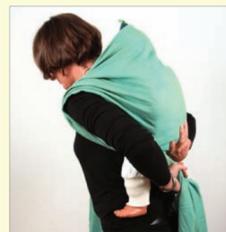


6. Now, using one hand, hold both strands of cloth tightly against your tummy, and with the other hand, reach behind the baby's bottom. Grab the edges and place as much fabric as possible underneath the baby's bottom until the cloth lies under the baby's back and is free from creases. Fasten the strands of cloth in front of the body.



7. Fasten the strand of cloth by pulling each strand tight from the inside outwards. Then pull the strand of cloth which has already been tightened up to waist height, perhaps once or twice from the outside to the inside and then back...

8. ...and then over the baby's legs before tightening it in this position. You can also use this hand to check how your baby is seated and its safety.



10. ...Move your hand along the fabric, and fasten a part already tightened between the legs. You can therefore now work your way through the fabric, strand by strand, and fasten parts already tightened between the knees. Keep them positioned as upright as possible and do not allow the tension of any already tightened strands to be loosened!

9. You can now also start to tighten the cloth on the other side, strand by strand. You can now gather the inner, upper edges...



11. You can now tie this strand of cloth at waist height either once or twice, before moving it back.

12. Both strands of cloth are crossed: from the outside passing initially over the baby's leg, then with a cross underneath the bottom and finally brought forward again under the legs. Tighten up once again when doing so!

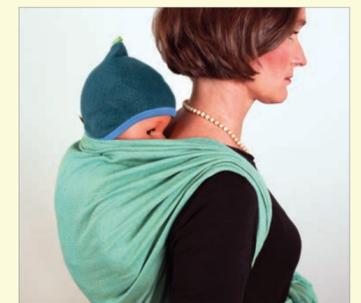
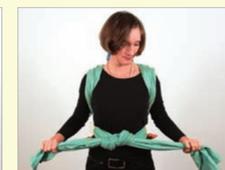


14. After making the cross pattern, you can now bring the two fastened strands of cloth to the front.

13. For babies who can hold their head high enough when awake, the top edge is positioned in the neck. When the baby is asleep, it can be pulled up again at a later stage in order to provide the head with support.



15. Finally, tie the sling with a single knot in front of your belly.



18. All done!
 You are now able to take hold of the baby's knees behind your back once again, and are able to tuck the child in until its knees reach higher than its bottom.