

Ring Sling Instructions

How to thread
How to put baby in safely
How to remove baby safely

Mellieapis 



The first time you use your ring sling you will need to thread it, once it has been threaded you can leave it threaded and just loosen it to take it off.

To thread your ring sling take the rings in your hand and place the tail over your shoulder and across your back. Bring the tail under your opposite arm and across your chest.

Thread the tail through both rings and then separate the rings to thread the fabric back on itself over the top ring and underneath the bottom ring



Take baby and place them high on the shoulder opposite the rings, take your hand under the fabric of the sling and guide their bottom down into the sling.



Ensure the bottom edge of the sling is tight and tucks under their bottom to the back of their knee pits to create a 'seat'. Tighten the sling by pulling the loose fabric across baby's back and then pulling it through the rings piece by piece, starting at one edge and working across the width so that all sections are tightened adequately. Make sure to lift baby slightly when pulling the fabric through the rings to reduce tension in the rings, **do not pull on the tail with excessive force**, if it is tight then check the fabric isn't twisted through the rings.



To remove baby, lift the bottom part of the visible ring and loosen slightly, pull pouch down and lift baby out.

T.I.C.K.S.



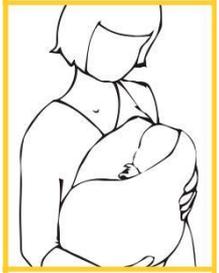
TIGHT

Slings and carriers should be tight enough to hug your baby close to you as this will be most comfortable for you both. Any slack/loose fabric will allow your baby to slump down in the carrier which can hinder their breathing and pull on your back.



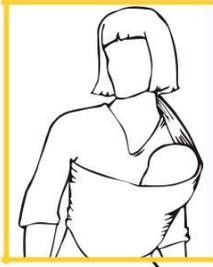
KEEP CHIN OFF THE CHEST

A baby should never be curled so their chin is forced onto their chest as this can restrict their breathing. Ensure there is always a space of at least a finger width under your baby's chin.



IN VIEW AT ALL TIMES

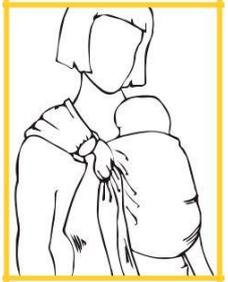
You should always be able to see your baby's face by simply glancing down. The fabric of a sling or carrier should not close around them so you have to open it to check on them. In a cradle position your baby should face upwards not be turned in towards your body.



SUPPORTED BACK

In an upright carry a baby should be held comfortably close to the wearer so their back is supported in its natural position and their tummy and chest are against you. If a sling is too loose they can slump which can partially close their airway. (This can be tested by placing a hand on your baby's back and pressing gently

– they should not uncurl or move closer to you.) A baby in a cradle carry in a pouch or ring sling should be positioned carefully with their bottom in the deepest part so the sling does not fold them in half pressing their chin to their chest.



CLOSE ENOUGH TO KISS

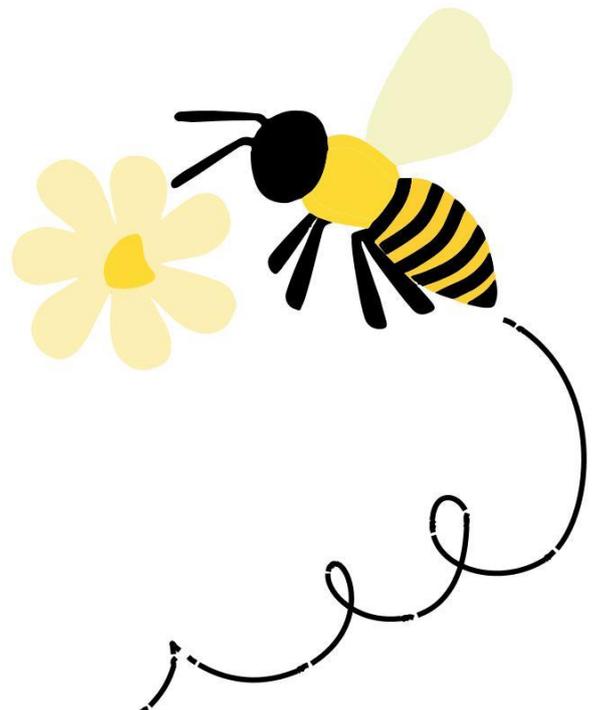
your baby's head should be as close to your chin as is comfortable. By tipping your head forward you should be able to kiss your baby on the head or forehead.

Contact:

Email: hello@melliapis.com

Visit: www.melliapis.com

Facebook: [melliapis](https://www.facebook.com/melliapis)



Melliapis 