

Cheeky Butts Baby Sling Instructions

Read all the instructions before trying out your sling.



Safety Instructions

Check to ensure that the baby's airway is unobstructed and that he is breathing regularly at all times, especially when sleeping.

Please support your baby with your hands until you grow accustomed to the sling.

DO NOT hold the baby when you are cooking with fire, riding a bicycle or driving a car.

DO NOT wear your baby in the car or on an air plane.

DO NOT bend over while your baby is in the sling, as she could fall out. Bend your knees instead of your waist. As when picking up something from the ground, always keep one hand free to hold your baby.

DO NOT leave the sling wrapped around an unattended baby.

Please be careful not to step on the tail or catch it in a door or other mechanical equipment.

For the cradle and kangaroo positions, make sure you pull up the fabric between the baby and you. The fabric should be folded edge-to-edge with the baby in the envelope between the layers.

The **Cheeky Butts** Ring Sling is a consumable product as it is made of fabric. If the fabric becomes worn out please stop using the sling immediately.

Having Trouble?

Using the **Cheeky Butts** Ring Sling is easy, but it does take a little time and practice to learn. It's normal to take some time to get used to it. It's just like breastfeeding or bathing your baby. If at first you don't succeed, be patient and don't give up!

Take a break and try again later. Try when both you and the baby are well rested and well fed. You may also find that it is easier to first try it with your baby's weight supported in your lap. Once the baby is securely in the sling then stand and start moving. Babies love the motion. Don't push yourself and the baby hard at first. Little by little, both of you will enjoy the sling.

The baby sling is one of humankind's oldest tools. Like millions of parents throughout history and all over the world, you can do this too. Your baby can sense hesitance when first using the sling. So be patient and keep practicing!

Spend some time on practicing the sling at the beginning then you can enjoy it for years to come.

Threading

Slowly bunch (pleat) material toward the centre of the tail cloth with both hands, working from both sides. Do not simply "grab" the cloth together. Holding the sling with the product tag facing up, thread the cloth through both rings, then pull it back between the rings. Spread the fabric in the rings to be even. Make sure the fabric is not twisted or bunched in the rings.



How to Put on the Cheeky Butts Ring Sling



Hold the sling with the rings and tail in front. Slip the sling over one arm and your head, keeping the rings in front with the tail hanging down. The rings should be in corsage position in the hollow under your shoulder. Adjust sling so baby's bottom will be in your waist area above. Leave the top rail of sling loose until baby is in sling.

The easiest way to remember is put it on as you would your handbag, then slip over your shoulder like you would a satchel bag!



When you need to tighten, please lift your baby up a little first and pull the tail. Do not simply pull on the tail in order to change the size of the pouch when you hold your baby as the rings are locked tightly by the baby's weight.



When you want to loosen the rails, just lift the baby up, pull the rings apart and then pull the top edge of the fabric to loosen.

Cradle Position - suitable for newborns

To put on the sling



Create a pouch for the baby by pulling a wall of fabric against your body. Hold the baby on your shoulder opposite the rings in burp position. As you lower the baby into the slings, turn him so the side of his body is against you. The baby should be in a semi-reclining position, not lying horizontal. The baby's legs can cross in front of him.

Now while supporting the baby with one arm, tighten the sling up until the baby is secure. Pull the shoulder pad out to cup your shoulder.

CHECK to be sure there is sling fabric between you and the baby.

CHECK to be sure baby is upright, not chin to chest, and breathing well.

To take the baby out of cradle position, loosen the pouch . Reach under both of baby's arms with both hands. Pull him straight up onto your shoulder in burp position.

Discreet Breastfeeding Position - suitable for newborns, 3 - 6 month old infants and 6 + months old infants



Breastfeeding in the sling is "advanced baby-wearing". You will need to be comfortable with both breastfeeding and baby-wearing before you can do both at once.

Start in a seated position. Loosen the entire sling. Hold the baby on your shoulder opposite the rings in burp position. Reaching through the bottom of the sling with your free hand, pull the baby's feet through the sling. The baby's head will be opposite the rings, and her feet will hang out of the sling, below the rings. With the sling loosely wrapped around both of you, latch the baby on. Once the baby is comfortably latched, tighten the entire sling around both of you.

CHECK to be sure there is plenty of fabric under the baby. While nursing you may need to support the baby's shoulders with your wrist.

With experience you can easily shift from any carry to breastfeeding. Loosen the top rail so the baby reclines. Reach between the sling and the baby's clothing to rotate her onto her side, and latch her on.

Snuggle Position - suitable for newborns, 3 - 6 month old infants and 6 + months old infants

Put the sling on



Hold the baby on the shoulder opposite the rings in burp position.

Feet in: Create a pouch for baby by pulling a wall of fabric against your body. Cross baby's feet in front of her and settle her in the pocket of the sling.

Feet out: Reaching through the bottom of the sling with your free hand, pull the baby's feet through the sling. Bend and spread the baby's legs like a frog, with the bottom lower than the knees.

Once the baby is in position, tighten sling up. Pull the shoulder pad out to cup your shoulder.

CHECK to be sure fabric covers the baby from shoulder to knees. Use caution with the feet out position. The baby could slide out the bottom of the sling if the knees are not bent and/or the fabric is not under the thighs.

To take the baby out, loosen the pouch. Reach under both of the baby's arms with both hands. Pull the baby straight up onto your shoulder in burp position.

Side Hip Position - suitable for 6 + months old infants

Put the sling on



Hold the baby on your shoulder opposite the rings in burp position. Reach through the bottom of the sling with your free hand and pull the baby's feet through the sling. Slide the baby onto your hip with one hand as you hold the sling in place with the other hand. Your hands will pull in opposite directions.

Bend the baby's legs like a frog on either side of your hip with the bottom lower than the knees.

CHECK to be sure the fabric is spread from the baby's shoulder or higher to the knees.

Once the baby is in position, tighten sling up. Pull the shoulder folds out to cup your shoulder.

To take the baby out, first loosen the pouch. Reach under both of the baby's arms with both hands. Pull the baby straight up onto your shoulder in burp position.

Kangaroo Position - suitable for 3 - 6 month old infants



Put the sling on.

Create a pouch for the baby by pulling a wall of fabric against your body. Hold the baby on the shoulder opposite the rings. The baby's back will rest on your shoulder. Cross the baby's legs. Settle the baby into the sling, keeping the legs crossed in front.

Once the baby is in position, tighten sling up. Pull the shoulder pad out to cup your shoulder.

CHECK to be sure there is sling fabric between you and the baby.

To take the baby out, loosen the pouch. Reach under both of the baby's arms with both hands. Pull the baby straight up onto your shoulder.

Back Hip Position - suitable for 15+ month old toddlers



Start with the rings high on your shoulder, as they will end up in the middle of your chest when the toddler is on your back. Put the toddler in the side hip position. The toddler should be on the back of your hip, as you might hold her when bending over to pick up a toy off the floor.

With a quick "lift and shift", scoot the sling around so toddler is riding piggy back. The rings should end up in the middle of your chest and fabric should be spread across your chest.

CHECK to be sure the fabric is spread from the toddler's shoulders to knees.

Tighten slack in the top rail.

To take the toddler out scoot her back to hip. Take her out the top as illustrated in the side hip position or squat down and carefully let her out the bottom onto her feet.

Tips and Tricks

DO



DON'T



The shoulder pads are pulled out and the sling is cupping mom's shoulder. A narrow band of fabric puts all of the weight on mom's neck.



Fabric is spread wide on back. The wider the fabric, the more comfortable the sling is for mum.



The rings are in corsage position in the hollow under mom's shoulder. Low rings create a smaller pouch for the baby and make the dangling child feel unsafe.



The baby is high on mum's body. The higher the baby is worn, the more comfortable for mum's back.



Figure 1.GOOD: The baby's legs are bent and spread like a frog around mum. The baby's bottom is lower than her knees so she cannot slip out. Fabric is spread evenly from the shoulder to knees.

Figure 2. BAD: The baby's legs are hanging straight down. The baby could slip out the bottom of the sling. Only friction is holding her in the sling.