

6 Rucksack Carry

Age: four to five months, (good head control) wrap sling size: from size 4

Use this method only if you are absolutely confident with tying a rucksack carry. Your baby should be able to hold his/her head securely.

VARIATION 1



1 Lay your baby in the middle of a **DIDYDOS** sling you have spread out on a table.



2 Cross your arms, reach under your baby's arms and hold the top rail of the sling with your thumbs.



3 Now lift your baby with the sling and ...



4 ... "swing" baby and sling onto your back.



5 Leaning forward, hold your baby firmly and bring the tail over your shoulder to the front.



6 Tighten the top rail one side at a time and ...



7 ... still leaning forward, bring the tails behind your back.



8 ... Cross them under your baby's bottom, ...



9 ... and bring them under his straddled legs, and back around to the front, ...



10 ... and tie them at your side or your front.



11 Now you are ready to go.

The age of "about four to five months" we indicate for wearing your baby in a back carrier is merely a non-binding recommendation. If you feel confident, you can wear your baby on your back even earlier. There is no reason not to do so if the sling is tied in a way to hold the baby securely. Nevertheless, we know from decades of experience that mothers prefer to have eye contact with their babies during the first months of life which is not possible when the baby is carried in the rucksack carry.

> Check the correct fit in front of a mirror and make sure with your hand whether the fabric reaches down to the knees of your baby whose legs must be straddled.

NOTE

> Remember the wide swinging zone (door frame, corners).