

2 Wrap Cross Carry[®]

Age: from birth wrap sling size: from size 6

Midwives and doctors recommend this **DIDYMOS** carrying method for very young babies who don't want to be carried (any more) in a lying position. Your child will be held by three bands of fabric - one running horizontally, the two others running diagonally across your baby's back providing optimal support.

INSTRUCTION



1 Put your **DIDYMOS** sling around your waist like an apron.



2 Cross the tails at your back without twisting them.



3 Bring the tails over your shoulders to your front, so they hang down loosely from your shoulders.



4 Spread the fabric band at your waist to make sure nothing is twisted..



5 Slip your baby into the sash around your waist. The bottom rail should be at the back of your baby's knees. >>



8 ... then on the outer rails. Always hold your baby with one hand.



9 Bring both firmly tightened tails down along your baby's sides, cross them under his bottom ...



10 ...and bring them under his straddled legs, around to your back again ...



11 Tie the tails at your back with a flat reef knot.



TIP

- > Tying the Baby Wrap may seem to be rather complicated at first sight.

Do not worry, a little practice will help to make tying the **DIDYMOS** Baby Wrap as easy and quick as tying a diaper.

NOTE

- > The baby wrap should be pulled tightly enough to be sure that your baby is still close to your body when you bend forward.
- > The fabric should be spread so as to support baby's legs up to the knees. This will be helpful to hold baby in the spread-squat position (page 9).



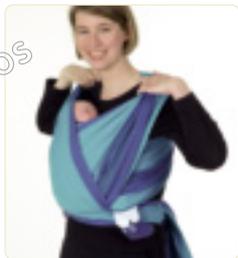
6 Hold your baby tightly and spread out the fabric until the top rail reaches your baby's neck.



7 Then tighten the cross bands by pulling first on the inner rails, ...



13 To give your baby additional support, spread out the cross bands, too: First the inner band then the outer one.



14 If you like, you can spread the fabric on your shoulders to distribute the weight more evenly.

- > Having finished tying, push again baby's knees up and the bottom down to settle in the spread-squat-position (see page 4). Your baby's back should be rounded, knees up, bottom down.

