

6 Rucksack Carry

We recommend to choose this carry, when you are out for longer walks and your child is too heavy to be carried on your front or on your hip.

INSTRUCTION



1 Spread your **DIDYMOS** baby wrap sling out on an armchair, with the tails hanging over the arms of the chair ...



2 ...and sit your baby in the middle of the sling so that the top rail is at her neck, and the bottom rail is at the backs of her knees.



3 Now sit down on the edge of the armchair, in front of your baby (not on the sling), and bring one tail over your shoulder.



4 Grasp the other tail and hold your baby securely with your free hand.



5 Lean forward slightly and firmly pull your baby onto your back. >>



9 Now tighten the top rail of the other tail and ...



10 ...bring the second tail under your arm and to your back.



11 Cross the tails under your baby's bottom, and ...



12 ... bring them under her straddled legs, around ...



13 ... to your front again, where you tie a knot. >>

TIP

- > This tying method needs a bit of practice at first, but it is worth while learning it! We recommend to practice the different steps with a teddy bear, a doll or a cushion. Always check the correct fit in a mirror until you are absolutely confident.
- > Make sure from the beginning that a lot of fabric remains under your child's bottom and in the back of its knees. If you don't succeed at first, you better tie the sling again. It is particularly important to have enough fabric under the bottom and behind the knees.
- > Make sure that the upper fabric rail is tight enough that your child cannot lean back too much. If the rail is too loose, re-tie to get a tighter fit which holds your child close to your back and has no room to move too much.

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



6 Get up slowly – keeping your upper body straight and leaning slightly forward – and hold the sling securely while keeping one hand underneath your baby's bottom.



7 Pull the top rail of one tail tighter so that your child is snug and close to your body, and ...



8 ... bring the tail under your arm and to your back



14 If your child is snug and close to your back, you will hardly feel her weight.

> **Option:**

If your child is still too small to sit in an armchair, spread the sling out on a bed and lay the baby inside, placing its bottom near the edge of the bed. The upper edge/rail of the fabric should be behind its neck and the lower edge, together with the rest of the fabric behind the knees. Sit down in front of your baby whose legs are straddled, one leg on your right side, the other on the left. Then proceed as described under fig. 5.

NOTE

- > **Another possibility:** You do not spread the fabric widely over your child's back but pass the sling ends through **under** its arms pulling the sling ends **very tight** – so tight that your child cannot slip out of the sling, even when it raises its arms. This is the so-called **Tibetan Back Carry** which is suitable only for a short period of time and which is not very comfortable for the child.

