

# Putting on the Storchenwiege® RingSling – the basis for all carrying methods

The following steps are the same for all the carrying methods shown.



Closely fold the material at the end with no rings into pleats (like a concertina).

Now pull the folded material through both rings.

All the material is now pulled back through one ring.



The Storchenwiege® RingSling is draped over one shoulder like a sash, with the rings on the shoulder.

When carrying the baby on your back, when you first put on the sling, the rings are in the middle of your back.

Now shape the sling pouch where the child will snuggle up to you. The lower edge of the sling is at waist height, and the upper edge above the chest, level with the collar bone. The rings are still on your shoulder or in the middle of your back.

## Correct position of the rings

For comfortable wearing, it is especially important that the rings are in the right position, so when you put on the Storchenwiege® RingSling, make sure the rings are on your shoulder (when worn tummy-to-tummy or on the hip) or in the middle of your back (when worn on the back), when you put the child in. If the sling is carefully pulled tight and the child is in the proper “frog” position, the rings are about level with the collarbone. The material is fanned out over the shoulder.



Position when putting in the baby, when worn tummy-to-tummy and on the hip



and for carrying on the back



After the sling is put on firmly

The following pictures show ring positions which mainly make the sling uncomfortable, but also stop it from being put on properly and pulled tight.

**For this reason, do not position the sling as shown on the right.**



## Tummy-to-tummy carry

The tummy-to-tummy carry is especially suitable for newborns and young babies.



1. Place the child against your uncovered shoulder. Reach into the cloth pouch from below with your free hand. The child will now slide down from your shoulder into the pouch, supported by your free hand.



2. Next, pull the upper edge of the sling over your baby's back up to her head, about two finger-widths above her ears. With bigger children, who can easily hold their heads up alone, the lower edge of the sling can be lower down. There must be almost no creases in the material across your baby's back, so when smoothing it out, tuck the remaining material under baby's bottom.



3. The Storchenwiese® RingSling now needs to be pulled tight carefully, section by section, to provide optimal support for the child and also make it comfortable to wear. Start with the edge at the head end, grasping the material every 5–10 cm and working down to the lower edge.



4. Now move your baby's legs into the right "frog" position, which is absolutely necessary for the healthy development of the hips and to keep her back rounded. Rule of thumb: the child's knees are about level with her belly button.

**TIP:** When pulling your Storchenwiese® RingSling tight, lift your child up slightly.



In this carrying position, the child is in a tummy-to-tummy squatting position at waist height. Larger children like to have their arms outside the sling.

To loosen the Storchenwiese® RingSling, lift your child up a little and twist up the upper ring. This automatically loosens the pouch. Your free hand supports the child. Once you have loosened the Storchenwiese® RingSling in this way, you can reach into the pouch and lift out the child.

## Hip carry

Especially suitable to support the development of the hips; for example, to support the treatment of developmental dysplasia of the hip (DDH), in conjunction with the treating doctor, and if your child wants a better view.



1. Place the child against your uncovered shoulder. Reach into the cloth pouch from below with your free hand. The child will now slide down from your shoulder into the pouch, supported by your free hand.



2. Next, pull the upper edge of the sling over your baby's back up to her head, about two finger-widths above her ears. With bigger children, who can easily hold their heads up alone, the lower edge of the sling can be lower down. There must be almost no creases in the material across your baby's back, so, when smoothing it out, tuck the remaining material under baby's bottom.



3. Now, push your child to one side with one hand until she is on your hip. Your other hand supports her. When you do this, make sure the rings do not slide too far towards the middle of your body.



4. The Storchenwiege® RingSling now needs to be pulled tight carefully, section by section, to provide optimal support for the child and also make the sling comfortable to wear. Start with the edge at the head end, grasping the material every 5–10 cm and working down to the lower edge.

**TIP:** When pulling your Storchenwiege® RingSling tight, lift your child up slightly.



5. Now move your baby's legs into the right "frog" position, which is absolutely necessary for the healthy development of the hips and to keep her back rounded. The leg at the back must be at the same height as the leg at the front. Rule of thumb: the child's knees are about level with her belly button.

The child is now perched on your hip in the "frog" position. Bigger children also like to have their arms outside the sling.



To loosen the Storchenwiese® RingSling again, lift your child up a little and twist up the ring at the top. This automatically loosens the pouch. Your free hand supports the child. Once you have loosened the Storchenwiese® RingSling in this way, you can reach into the pouch and lift out the child.

**TIP:** When carrying your child on your hip, you should change sides from time to time so your child practises using both hands and there is a balanced load on the wearer.

## Back carry

Suitable for children who can hold up their heads alone and have good control over their upper body.



1. Put on the Storchenwiege® RingSling like a sash. The ring is in the middle of your back.



2. Now shape the sling pouch where the child will snuggle up to you. The lower edge of the sling is at waist height, and the upper edge above the chest, level with the collar bone.



3. Place the child against your uncovered shoulder. Reach into the cloth pouch from below with your free hand. The child will now slide down from your shoulder into the pouch, supported by your free hand.



4. Next, pull the upper edge of the sling over your baby's back. There must be almost no creases in the material across your child's back, so when smoothing it out, tuck the remaining material under baby's bottom.



5. Now push the child under your arm onto your back. This is easier if you wriggle a little yourself.



As you push the child onto your back, the rings will come forward from your back to about shoulder height, or a little further.



6. The Storchenwiege® RingSling now needs to be pulled tight carefully, to provide optimal support for the child and also make it comfortable to wear. **Bend slightly forwards and lift the child up slightly on your back with your hand.** Start pulling the sling tight with the upper edge which runs under your arm, grasping the material every 5–10 cm and working down to the lower edge.

After the sling is carefully pulled tight, the rings are in their usual position, level with your collarbone. The length of material runs across your chest.



The child is in a squatting “frog” position on your back. Correct her position by carefully lifting her legs up a little.

Bigger children also like to have their arms outside the sling.

When you want to take your child out of the Storchenwiege® RingSling, bend slightly forwards, lift your child up slightly under her bottom and loosen the rings with the other hand. When the sling has been loosened a little you can take your child off your back under your arm onto your hip and take her out of the Storchenwiege® RingSling.



## Possible mistakes ...

- The material of your Storchenwiege® RingSling is not pulled smoothly across your baby's back.



### Solution:

When putting your child in the Storchenwiege® RingSling already pull the material well down under the hollow of your child's knees and smooth the material across your child's back.

- Your baby's leg is not in a proper squatting position at the back.



### Solution:

After pulling your Storchenwiege® RingSling tight, lift up your baby's leg behind you until it is at the same level as that in front of your body. Your baby's legs are in the proper squatting position when her upper thigh is pointing up and her knee is at the same level as her belly button.

## Breastfeeding in your Storchenwiege® RingSling

The Storchenwiege® RingSling allows you to breastfeed discretely in public (and, of course, at home, too).

Loosen your sling by lifting up the upper ring.



Lift up your child slightly and push the material of your Storchenwiege® RingSling up and out from below your child's bottom.



Move your baby into the breastfeeding position. Make sure you only lean your child against the side without the sling rings. You may have to re-tie your Storchenwiege® RingSling.



Now push the material of your Storchenwiege® RingSling back firmly under your baby's bottom and pull the pouch out so that the material supports your baby's head. Tighten the Storchenwiege® RingSling until it is comfortable for you and your baby to breastfeed.



**If your baby's hips are still very undeveloped, or if she even has developmental dysplasia of the hips, the lying position is NOT recommended – except during breastfeeding – as it is not possible to adopt the "frog" position.**