

A little about the EllaRoo Lightly Padded Baby Sling

- ~100% cotton or organic cotton fabric.
- ~100% organic cotton batting for padding.
- ~High-quality, lightweight aluminum rings specifically designed and tested for baby slings.
- ~Open tail design allows for many carrying positions.
- ~Independently adjustable rails allow for exact sizing and positioning.
- ~Generous range of adjustability allows for sharing between people of different sizes.

Sizing

Most people can wear a medium. Very petite women (e.g. 5'2" and 100 lbs.) may want a small. Larger people (e.g. above 5'9") may want a large. Smaller and larger sizes are available by special order.

Washing Instructions

100% cotton (or organic cotton) fabric, with 100% organic cotton batting.

Wash your EllaRoo Baby Sling in cold water, gentle cycle, with mild detergent. No bleach. Hang the sling by the rings to dry overnight.

A little about the EllaRoo Company

- ~We do everything we can to reduce waste and recycle in our daily procedures and manufacturing processes.
- ~We use natural materials whenever possible.
- ~We look for the shortest supply chains (our slings are made right here in California!).
- ~We strive to achieve the highest quality workmanship, while maintaining family-friendly prices.

As parents and business people, we set ourselves certain standards of conduct and quality. We hope that all of these things come together into a product that you can be proud to purchase and own.

We value your opinion!

If you have any comments, concerns, praise, suggestions,
or pictures to share, please contact us:
comments@ellaroo.com

www.EllaRoo.com

Visit our website for information about our other products,
more photos and instructions, testimonials, and local distributors.

EllaRoo Baby Carriers are sold through distributors like you.

~Distributorships Available~

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Lightly Padded Baby Sling



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Safety Precautions

- ~When wearing the sling, there should be at least 8 inches of "tail" hanging down from the rings. If there is less, you need a larger size.
- ~**Newborns:** Be sure that the fabric of the sling creates a pocket that baby can settle into, with the rails pulled snug.
- ~**Toddlers:** The most secure position for the fabric rails is pulled up to the armpits, and all the way to the knees (see pictures for examples). Be alert for arching of the back, and for straightening of the body, both of which can cause the fabric to shift.
- ~Keep an arm around baby when bending over.
- ~A sling is not meant to be a safety restraint in the car or airplane.
- ~Do not use your sling while cooking.
- ~As with any baby sling, please remember that your baby is not tied in.
- ~Always be aware of your baby's position in the sling. Do not use the sling with an uncooperative child.

General Wearing Tips

- ~The purpose of a baby sling is to replace your arms in holding baby in a normal position (e.g. cradled, on the hip). To that end, you should hold baby in the position that you and he prefer, and tighten the sling around him until you can remove your arms without losing the position.
- ~The most comfortable and secure position for baby is above your waist and snug against your body. If baby is hanging too low, you will most likely feel some pain in your back.
- ~Success with any baby sling takes a little practice. You can ease the process by making sure that baby is fed, rested, and happy before you try the sling the first few times. It won't be long before you will both turn to the sling for comfort.
- ~If you are having trouble adjusting the sling, it may be because the tail is twisted through the rings. Please refer to the picture at right, and make sure that the fabric is spread evenly and both rails are accessible for adjustments.



Toddler Back Carry

(1 year & up)

This position is best for short periods of time, to keep prying hands away from interesting business (e.g. your checkbook, at the grocery store).

Start in the hip carry position, with the sling adjusted securely. Move baby under your arm to your back. The rings will end up in the middle of your chest.

Keep the top rail tightened snugly to make sure that your child is pulled in close to your back, as shown in the picture above.

Please do not try this position with an uncooperative child. Many babies will go through a stage where they really enjoy arching their bodies. This is not a good time to do the back carry. But don't worry! This phase will pass.



Cradle Carry

(newborn & nursing)

This position is good for infants and nursing. You can position baby's head either toward or away from the rings, although most people feel more comfortable starting with the head away from the rings.

Hands-free nursing can be accomplished by decreasing the pouch depth to support baby's body (pull the middle of the fabric through the rings), and tightening the outer rail to support baby's head (pull on the edge of the fabric through the rings).

Sometimes newborns look "smushed" in the cradle hold. This is generally more of a concern to the parent than to the child. If he's uncomfortable, he will let you know. If you would like more structure for a newborn, you can fold a receiving blanket and place it in the bottom of the sling, under baby.



Infant Tummy Carry

(infant)

Many babies do not like to lie in the cradle position. Don't worry! The tummy carry makes most babies happy.

When babies are very young, tuck their feet under them like a frog, with the fabric of the pouch between you and baby (as in the picture above). Before baby has head control, make sure that the outer rail is pulled up to support the neck.

You can place baby directly in front of you, or at your side.



Hip Carry

(after head control)

This position will last you from head control through "too heavy"! It is truly the workhorse position of the baby sling.

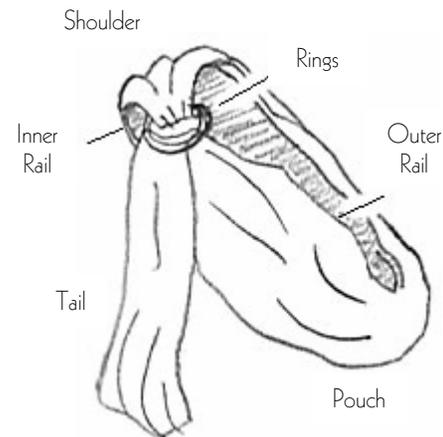
Make sure that the outer rail is tightened snugly under baby's arms (as shown in picture above), to keep baby close to your center of gravity, and that the inner rail is pulled all the way to the knees (as shown in the Toddler Back Carry picture), for baby's comfort and security.

You can have baby actually on your hip, or more directly in front of you.

Wearing Instructions

1. Thread the tail through the rings (see picture below), making sure that the fabric of the tail is spread evenly through the rings.
2. Place the sling over one shoulder, with the shoulder cap on the ball of your shoulder and the rings just below your shoulder (like a corsage). Make sure that the fabric is spread across your back, untwisted and without slack.
3. Take baby in your arms and position in a way that you would normally hold him.
4. Pull the fabric of the pouch up around baby and your arm.
5. Support baby from the outside of the sling with your other arm, pull the first arm out of the pouch, and support baby in the natural position with the first arm.
6. Tighten the sling through the rings, making separate adjustments to the inner and outer rails, as well as the middle of the pouch, until the sling is fully supporting baby in the desired position.
7. Now move! Baby will acclimate to the sling much faster if you walk around while he's getting used to it.
8. Enjoy your freedom!

Anatomy of a Baby Sling:



Correctly Threaded Rings:

