



# BABY SLING

Keep your friends close  
and your baby closer.

**SMALL  
POTATOES**

COOL STUFF FOR  
LITTLE TOTS

# WHY WEAR YOUR BABY?

## **Get a life!**

Free your hands up so you can live your life. When your baby is in the sling you can easily cook, clean, go for a walk, play with other children or work.

## **Fussy baby? What fussy baby?**

Nothing soothes a baby like walking around tucked in nice and warm next to Mom or Dad. The closeness of a parent's heartbeat is enough to sooth most fussy babies.

## **Senses of adventure.**

Your baby gets to experience all the visual, auditory, and kinesthetic stimulation that you do! Best of all, he doesn't get over stimulated because you regulate his intake of sensory experience.

## **It's a big world out there.**

Teach your baby that the world is a safe place to explore and that you are right there to love and care for her and meet her needs.

## **Rock the rhythm.**

Carrying your baby puts you in harmony with him. He is more likely to sleep when he is comforted by you while being carried during the day.

## **Mmmm... milk!**

Breast feeding in a sling gives your tired arms a break and lets you talk on the phone or eat a well-deserved slice of cheesecake.

## **Come on get happy!**

A baby that feels safe, secure and well-loved is happy and full of life.

# HOW TO USE A SLING

## Practice Makes Perfect

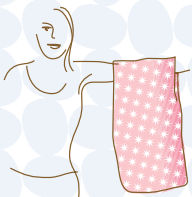
Wearing a baby is easy, but you need to practice a few times to feel really comfortable with it. Following are some simple instructions and tips on how to get the most out of your sling.

## Some Helpful Tips:

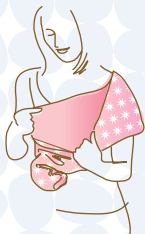
1. Practice putting your baby into the sling in front of a mirror. Not only does this help you to see what you are doing but your baby will likely be entertained by watching the baby in the mirror.
2. Practice when your baby is well-fed and well-rested.
3. Always make sure your baby is secure before letting go.
4. Always support your baby while bending over, and always bend at the knee, not at your waist.
5. When placing your baby in the carrier, sometimes it helps to bend over a little to loosen some slack.
6. Try different positions to see what your baby likes best. Some babies prefer to be upright while others love to snuggle in close in the Cradle Carry.
7. Never use a sling while running, riding a bike or performing other high impact exercise. And never use it in a car.

# THE CRADLE CARRY

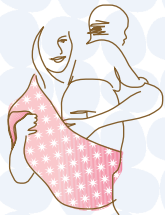
Best for newborns to 4 months.



1. Fold your sling in half with the seam facing down.
2. Pull the sling over your head and rest it on the shoulder where you want your baby's head to lay. (Typically, if you are right-handed, put it on your right shoulder.) The seam should be at your side, just above your hip. Separate the layers of fabric to create a "pouch".



3. Lift your baby up to your uncovered shoulder and lower baby, bum first, into the pouch. Your baby's back should lie on the fold, deep within the pouch.
4. Gently lay your baby's head down in the carrier. Make sure there is an even amount of fabric on both sides of your baby to ensure maximum comfort and safety.

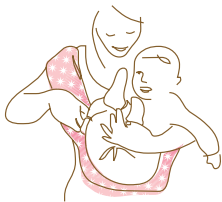


# THE KANGAROO CARRY

Best for babies ages 3 to 6 months.

This hold is great for babies who want to explore the world. Babies are very stimulated by the sights, sounds, and smells around them, but the stimulation is regulated by you. This carry is appropriate for babies who can hold their heads up well and are in a wakeful state.

1. Put your sling on, as in The Cradle Carry but be sure the seam is in line with your belly button. Holding your baby directly in front of you, facing out, scrunch up his legs and open the pouch.
2. Place your baby, bum first, into the sling. Your baby's feet should be together either with palms of feet together or with legs crossed. Be sure baby's bum is in line with the seam.
3. Pull inner layer of fabric up high on your baby's back and the front layer up to chest level for maximum support.





## THE HIP CARRY

Best for babies with adequate neck and back strength (about 4-6 months) and up to toddlers weighing under 36 lbs.

1. Put your sling on, as in the Cradle Carry but be sure the seam is in line with your hip.
2. Open up the pouch and make a little "shelf" with the layer closest to you. Lift baby high on your uncovered shoulder, facing you, then one by one lower baby's legs between you and the sling, straddling your side. Place baby's bum on the shelf, with legs extending beyond the bottom of the sling.
3. Pull inner layer of fabric under your baby's bum to the back of his knees and make sure the outer layer is pulled up high on his back for maximum support.



## BELLY TO BELLY

Best for babies up to 36 lbs. who like to be upright.

1. Follow the directions for The Hip Carry but place baby against your belly instead of on your hip.



# OTHER INFO

## Comfort

Small Potatoes slings are individually handmade (with love!) of medium weight breathable fabric with a bit of stretch for ultimate comfort. You can choose which side you want to wear facing out – every sling is completely reversible. The fabric is pre-washed and will not shrink.

97% Cotton and 3% Lycra.

## Washing

Hey, spit-ups happen! (And that might be the least of your problems.) Machine wash your sling in cold water with like colours. Do not bleach. Tumble dry. Iron if needed.

## Disclaimer

You are ultimately responsible for using care and caution when using your Small Potatoes sling. Please be sure to use common sense. For example, do not cook or handle anything dangerous within your baby's reach. And always be sure your baby is secure. Also, check the seam from time to time to make sure it is holding up well and inspect your carrier for tears. Responsibility for the safety of your baby is held by you or by the wearer of the sling, not by Small Potatoes.

# SIZING

Size	Shoulder to Hip	Above the Chest	Body Type	Bra Size	This Sling:
S	21-22"	30-33"	Small to Average	A,B,C	
M	23-24"	34-37"	Average to Tall	A-E	
L	25-26"	38-41"	Tall and/or larger than average	A-E	
XL	27-29"	42-48"	+ Sizes	C + up	

Sizing is important for a comfortable fit. Measure from the edge of your shoulder to the top of your *opposite* hip, right where your baby will sit.

## Tips

Use a soft tape measure.

If you are pregnant, measure across your back instead.

If you are between sizes, choose the smaller one.