



Happy Sling® Baby Carrier

Thank you so much for buying a Happy Sling! You have helped me be able to stay home with my two children and my family appreciates that.

Think of the sling as a mix between a Miss America banner and a hammock. Happy Slings are designed to be partially on the top of your shoulder and partially on the side. The back of the sling lays flat against your back from shoulder to waist and the baby's weight is evenly distributed across your back and shoulder. In the front, the material is like a baby hammock. There are many ways you can wear your baby.

You will find that it is much easier to get things done while wearing your baby. Your sling will allow you to have two hands to be able to play with your other kids, do the dishes, shop, vacuum, anything.....Please keep in mind that your baby will be an extension of your body so use caution while wearing him. It is very easy to bump into people and things if you misjudge how far your baby sticks out. You will adjust quickly to him being there, but always use caution!

If this is your first sling, try putting your baby on over the bed or while sitting down **JUST IN CASE**. When you feel like he is comfortably inside the sling, try looking at yourself in the mirror. This will help you see any areas that you might not have done correctly. Many times Moms have the sling on wrong and don't even complain because it is so much better than trying to just hold the baby, even though it is pulling on them. There are some common problems listed at the end of these instructions.

When you get your Happy Sling, it will already be threaded. To rethread the rings:



Step 1: Hold the rings in one hand and the tail in the other. Take the tail end of the material and thread it through both rings.



Step 2: Fold the material back over the direction it went through the rings. The fabric should be over the second ring and looped under the first ring.



Step 3: Pull it tight. The weight of your baby keeps the fabric tight through the rings.

Putting the sling on:



This is what the sling looks like when you first get it.



Put one arm through the sling and over your head like a Miss America banner. Make sure the sewn shoulder is on your collarbone and the tail hangs down (not flipping back up over your shoulder).



Pick up your baby and place him inside the sling in one of the following positions. Place the fabric all around him, making sure there is also fabric against you, as this is what makes the "hammock".



Tighten the rails around both of you until the sling is comfortable.



Enjoy your happy baby!!

Because the sling is unpadded, you can loosen and tighten just the top or just the bottom or both and not the middle, etc. Remember that the most important thing to do is **MAKE SURE** the material is scooped under his bum. His bum should always be **LOWER** than his knees. This is what prevents him from falling through.

When he starts walking, you can wrap it around his torso to keep him from wandering away.



You can also use it to hold him up securely (and hold him down securely) in a shopping cart or high chair. You can use it to cover a public changing table or anywhere that you wouldn't be comfortable just laying your baby down without some sort of cover. I can't tell you enough how much I **LOVE** my sling. I **KNOW** you will love yours. Enjoy your baby and happy slinging!

Ages, Stages and positions for carrying your happy baby:



Carry your newborn so his whole body is inside the sling wrapped around you. Tighten the sling so that he is well above your waist. To nurse, adjust his height to be right at your breast. Of course, this will vary, depending on the size of your breasts. You can also lay your older baby down in the sling, just make sure his legs come out the side and the fabric is tightened around him.



If your newborn doesn't like laying down or being totally covered, you can sit him up like this. Please remember that he is still floppy and will need head support. You can also turn him so that his head is between your chest and the sling fabric. This will hold his head up. If he likes to be higher up to look over your shoulder, just tighten the rails.****I am not wearing the sling properly in this picture. The rings should be at your collar bone.****



From about 2-3 months until 5-6 months, your baby will probably want to face forward, sitting Indian style with his knees folded against his chest. The material scoops under his bum and goes in front of him (the top rail is tight against his chest) to keep him from flopping forward. You will know your baby has outgrown this stage when he starts to stand up in the sling. Some babies WANT to be that way and some will let you turn them onto your hip.



You can place your baby tummy to tummy so that the material scoops under his bum and his legs spread across your middle and he can rest against you. ****For all positions you should make sure his bum rests lower than his knees. This is what holds him securely against you!****



You can put him on your side. Scoop the material under his bum, make sure the fabric goes all the way to his knees and pull it up over his back. It's the same as most people normally carry their children, but it takes away the need to thrust your hip out all day and it gives you back the arm that would have been holding him.

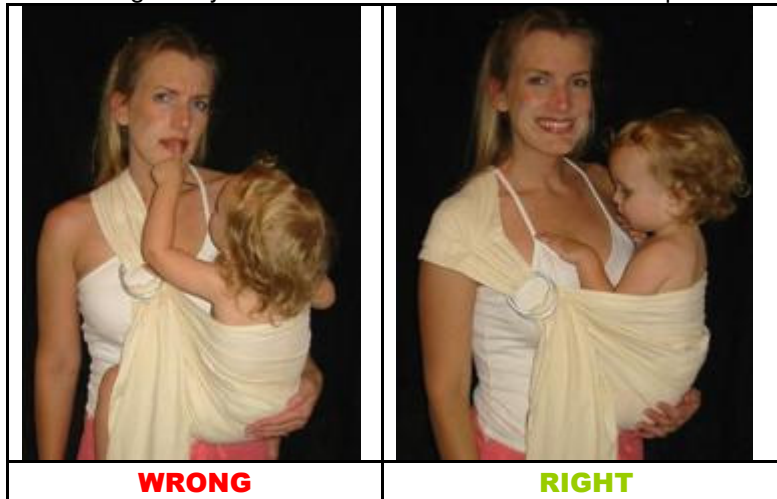


After he's a year old, you can wear him on your back. I do not recommend wearing your younger baby in a ring sling on your back because he is still floppy and you can't see him. There are other carriers that you can use to wear your small baby on your back, like a Happy Cruiser Mei Tai or Happy Slings Onbu.

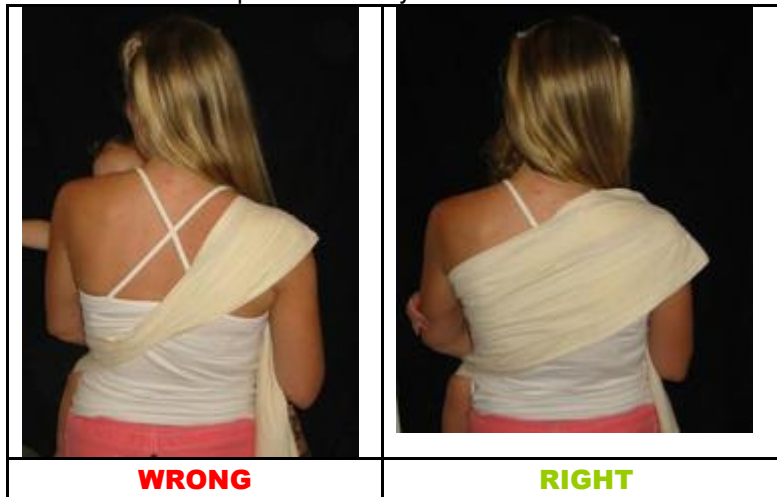
The sling is very handy because it gives you both hands to use, but remember that babies need to be watched EVERY minute!!! The safety of your baby is the MOST important thing!!! The sling is not a substitute for your watching eyes. Please use common sense when using your sling. Example: Do not put baby in the sling while cooking because it will not protect him from getting burned! It is your responsibility to keep your baby safe, so please be careful!

Common problems with wearing the sling: THESE PROBLEMS WILL CAUSE YOU TO BE UNCOMFORTABLE!

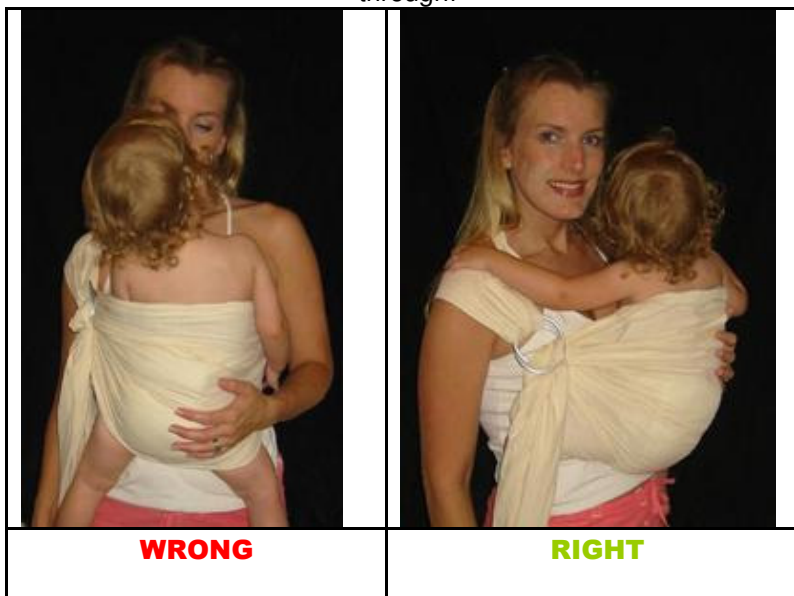
Do NOT wear the fabric against your neck. Make sure the shoulder is spread over your shoulder.



Make sure the fabric is spread across your back and not bunched or twisted.



Make sure your baby's knees are higher than his bum. This is what prevents him from falling through!



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