

Wearing your Ring-Wrap

By Jan Heirtzler, sleeping baby productions
<http://www.sleepingbaby.net/wrap/>

The safe use of any baby carrier depends on the wearer. Please read the following directions and be sure that you understand them before attempting to use your sling.

threading your ring-wrap:

If you have a convertible Ring-Wrap, you'll need to put the rings on before you can use it as a ring wrap or a sling.



1. First, thread the fabric through both rings:
2. Bring the rings to the middle of the sling, where the three layers overlap.



3. Snap the rings into place, so that the fabric, not the rings, takes the tension.

4. Snaps are all fastened, fabric scrunches around the rings.



putting on your ring-wrap:

You can thread the tails through the rings in a few different ways: by yourself, on your back or front; and with a helper or using a high-backed chair.

Putting on the ring-wrap by yourself: you can do this either on your front or your back; I'm showing it on my back. If you put it on your front, you can then turn it around to your back.



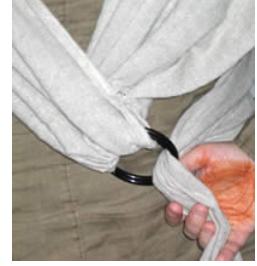
1. Put the fabric over your shoulders so that the rings are centered at your lower back (they're a bit high in this picture).
2. Make sure the fabric isn't twisted along your back. (Here's where doing it on your front can be helpful!)
Cross the fabric in front of you.





3. Bring the tails around your sides.

4. Pull the tails through both rings, one end at a time.



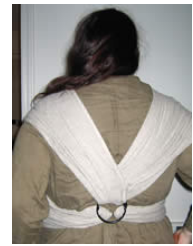
5. Both tails pulled through the rings:

6. Thread the tails through the *lower* ring (the one closer to your body) as though you were threading a ring sling.



7. Both tails threaded through the bottom ring:

8. A wider shot of both tails threaded, with tails tied around my front:



Using a chair as a stand-in person (this also works if you have someone to stand in for you!):



1. Put the fabric over the top of the chair with the rings in the back, making sure the fabric isn't twisted:



2. Cross the fabric on the front of the chair:



3. Bring the tails around the sides of the chair to the back, then thread them through the rings.

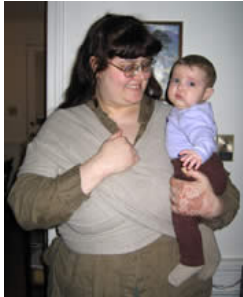
4. Both tails through the rings.



To put the wrap on, lift it carefully off the chair so that your arms will go in the spaces between the shoulders and the bottom wraps -- like putting on a very unstructured t-shirt. If you have gotten a helper to stand in for you, have them take it off like a t-shirt and put it on yourself. It's mainly a topological problem -- you just need to see where the cross in front happens, then make sure that cross goes across your chest.

putting your baby in the ring-wrap:

These are just general guidelines -- you can find more wrap carries at Peppermint.com, many of which will work with either the Ring-Wrap or the convertible Ring-Wrap. Please practice in a safe place -- kneeling over a bed or another soft surface -- so that if the baby should happen to fall, s/he is not injured! It may be helpful to practice with a doll or baby-sized bundle before trying wrap carries with your baby.



1. Hold your baby in one arm, while pulling the fabric open with your other hand.

2. Put your baby's feet into the wrap, one side of the wrap at a time. This is somewhat easier if the wrap is *not* spread out as shown below -- that way, you can see where her feet are going!



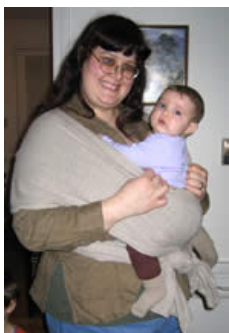
3. Baby is in one side; I'm pulling the other one around her.

4. Make sure your baby's bottom is cradled by the bottom edges of both sides of the wrap. This is good for small infants; you can even keep their feet tucked fully inside, instead of out as they're shown here.



5. Tying the tails under Sophie's bottom, for extra stability

6. Sophia is shown here with her legs through the wrap cross -- her bottom is supported by the wrap as it comes between her legs, instead of being held in place by friction.



7. Older babies can have their torsos free for exploration, provided the wrap is snug around their bottoms.

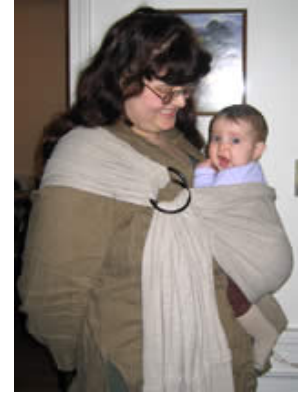
8. Here the tails are shown tied around Sophie's back, for a little extra security.





You can also wear your baby facing outwards

Or use the wrap as a sling -- just rethread the tails as you would a regular ring sling. Because the Ring-Wrap is 20" wide, you may be able to use it without separating the two layers; or you can separate them slightly, so that they overlap, for a wider sling.



Other wrap directions on the web:

The BabyWearer gives this convenient list, which has links to all kinds of different instructions. If you have the convertible Ring-Wrap, you can use any of the carries listed. If you have the regular Ring-Wrap (rings sewn in), you can use the wrap cross carries, or regular sling positions as well. Experiment with the carrier once you've used it for a little while, and you'll come up with all kinds of ideas!

terms of use, guarantee, and disclaimers:

I take great pride in the craftsmanship of my baby carriers, and sew each one as though I would be using it myself. As such, I am confident that my slings will stand up ably to normal use. However, please examine the fabric each time you use the carrier to insure that it is secure. If it is not, you may send it back to me and I will refund your shipping costs, fix the sling at no charge, and return it to you, or refund your purchase price, as desired.

Before you use the sling for the first time, please be sure that you understand how, either by following these directions with a doll or other baby-sized item, or more ideally, by practicing with the help of an experienced sling-user. The Safe Babywearing page at The Babywearer has great tips (<http://www.thebabywearer.com/articles/HowTo/SafeBabywearing.htm>).

Please use good judgment and always put your baby's safety first. The carrier is intended for babies and children under 35 pounds, although the rings, stitching, and material will hold far more weight. It is not intended to secure or restrain a child in a vehicle (always use a car seat!). Nor should it be used while the wearer is riding a bicycle, operating heavy machinery, participating in sports, or doing anything else that could cause harm to the child or cause the child to fall out of the carrier (as opposed to normal walking and other daily tasks). Always be aware of your child's position in the carrier, and keep the fabric as snug as is comfortable; the looser it is, the less safe it may be. Do not use the carrier near open flames or high heat, as the fabric is not fire-retardant or -resistant, and neither is your baby! Be aware of the wrap's tail position as well, if you have them untied.

Finally, as with other carrier makers, I must disclaim all liability for any losses or injuries due to the use or misuse of this wrap. Please use common sense and care while using your wrap.