

MamaRoo Baby Sling Wearing Instructions with Photos

Please note! If you need ANY help, contact MamaRoo!!! mamaroo@mamaroo.com

Initial Threading – Steps A-D

(The sling comes pre-threaded; however you will need these instructions if you take the sling apart or put it through the wash.)

*A left-handed person can start with the left hand through threading pocket.

Leave the sling threaded when you take it off, just loosen enough to pull over your head. You only need to unthread the sling for washing.



A. The MamaRoo Baby Sling is a six-yard long piece of fabric with a threading pocket halfway down the length. My right hand is passed through the threading pocket in this photo.

B. Take the inner branch of the sling and pull it through the threading-pocket.

C. Put your opposite hand through the threading-pocket and pull the outer branch through, entering from the opposite side.

D. Now you have both branches pulled through the pocket. The sling is now pre-threaded and ready to put on.

Keeping Safety in Mind!

Please remember that your baby's safety is your responsibility. While your sling will give you freedom of movement and allow you to use your hands, you should be aware of your baby at all times. Make sure your baby can breathe freely and that no circulation is being cut off. Be ready to support your baby with your hands if the need arises. Bend at the knees and not the hip. Use carrying positions suitable for your baby's developmental stage. Avoid putting pressure on the baby's developing pelvis and spine. Have another adult help you with each position until you feel confident enough to wear the baby on your own. The MamaRoo Baby Sling is not meant to replace your hands, it is meant to give you support while carrying your baby. With a small baby, you may find it easier to baby wear when swaddling the baby in a receiving blanket.

Variations for the Cross-Carry Position

With a younger baby, keep the legs folded inside the sling. Babies can face inward, outward or even sideways, just be sure that the baby is completely supported and that no pressure is being placed on the developing pelvis. Though many mothers feel that the baby is too confined, it is best to allow babies to keep the legs crossed inside the sling until reaching the developmental stage when they are able to sit unassisted.

Variations for the Rucksack Back-Carry Position

At the start, sit on a sofa and stand your child behind you when you bring the sling over your head and the child's body, then sit your child in the sling before tying at step 8. Or, allow the branches to fall down your back and bring the pouch in front of you. Site the baby in front instead of on your back!

Cross-Carry Position – Double Shoulder Support - See video instruction at MamaRoo.com!
Sling should already be threaded (see steps A-D for Initial Threading).



1. Slip your arms through the openings where my hands are holding the branches of the sling in photo D, the threading pocket will be at your neck and the looped branches are at your waist. Notice that my left hand is holding the inner branch and the right hand is holding the outer branch.



2. Now switch your hands on the branches so that your right hand is holding the inner branch and the left hand is holding the outer branch, making an opening for your head. Slip your head into this looped opening and pull the threading pocket down your back.



3. To get the best fit, pull the branches to tighten them completely to your body for your first use. After you learn how to adjust your sling to fit your body, loosen the loops just enough to fit baby inside. Make sure that both loops are pulled an equal distance from your body.



4. Grasp the edges of the threading pocket with each hand. Pull the threading pocket open and down so that it completely covers your lower back. Now grab the branches that are hanging down at your sides.



5. Tie the branches in a loose knot. Slip your arms back inside the looped portion of the sling.



6. With your arms inside the loops you are ready to pick up your baby. Take the baby's legs into your hands, then support the baby's back as you pull the legs through the loops. Note: Be sure to read the variations for this carrying position!



7. Here is a toddler with both legs pulled through the loops. A newborn should be swaddled, then both legs stay together wrapped in the inner loop of the sling.



8. Here the inner loop is being pulled completely across the baby's back so that the baby can sit supported by the loop. Facing in, out or sideways make sure that the baby is sitting, not hanging, in this loop before continuing.



9. Pull the outer loop across the baby's back, now the baby is supported by both loops. With a newborn, pull this loop around the full swaddled body.



10. You have the option of leaving the branches tied under the baby, or untying the branches and re-tying them around the baby's back.



Cradle, hip and back carry positions –single shoulder support
 Sling should already be threaded (see steps A-D for Initial Threading)



1. Bring both loops together and let the branches hang down together under the threading-pocket. Bring your left arm through the two loops.



2. Slip the loops over your head and rest the threading-pocket on your right shoulder. Here is a good view of how the two loops are sitting directly on top of each other. It helps to swaddle a newborn, especially a preemie, in a receiving blanket before continuing.



3. Slide your right arm inside the loops and pick up your baby with both hands. Always support your infant's head and neck. Baby's head can be placed with head on right or left of mother's body; a breastfeeding mother can nurse from either side easily.



4. Bring both loops up around the baby's body, support the baby with your left arm and tighten the two branches. It helps to have the sling tighter before inserting the baby.



4A. Another view of tightening the sling, this time with a toddler.



5. Tie a knot and bring the long branches up inside the bag. For the back-carry, simply bring your left arm over the child's head and scoot the baby onto your back.



6. Excellent position for nursing. Sling can be worn on either shoulder. An older infant may prefer to sit facing outward, centered on the mother's belly instead of on the hip.



6A. Here's how the sling should be spread across the back.

Back-Carry Position – Rucksack Style – For Toddlers
 Sling should already be threaded (see steps A-D for Initial Threading)



1. Hold the sling in both hands



2. Slip it over your head without moving your hands. *Note: Be sure to read the variations for this carrying position!



3. Pull the right hand down so that the branches hang down in front of you and the threading pocket is at your neck.



4. Cross your hands over the branches, grasp and pull them around behind you. Tie the branches.



5. Here is the pouch where your toddler will sit.



6. Have someone help sit the baby into the pouch. Make sure that the baby is sitting safely and cannot slide out the bottom of flip out the top. Hold the top of the branches.



7. Pull the top of the branches down over your shoulders, this tightens the sling across the toddler's back and holds him closer to your body. Untie the branches, bring them over the toddler's legs and re-tie in a double knot.

