



Incorrect infant positioning
 Baby's head & neck curled forward, chin to chest may restrict breathing & be dangerous to newborns, low birth weight babies, twins, or sick infants. Most babies will fuss, cry, or grunt to communicate their discomfort. This common mistake causes some parents to give up, assuming that their baby "just didn't like the sling".



Upright or "Tummy 2 Tummy" Positions
 A correct cradle hold as seen below is not always possible with young babies. We advise upright positions until your baby is both 6-12 weeks old and is at least 10lbs. Baby should be high, tight and snug. His legs should be in a squat position against your body as seen in the photo to the left. You should be able to kiss the top of your baby's head.



A Correctly Positioned Cradle Hold is shown here. Notice how baby's head, neck and back are aligned. If baby is too "deep" in the sling, lift her forward into more of a sitting position. Pull some of the fabric from near her shoulders and head around back near her opposite shoulder, against your chest.



In the Hip Carry, the fabric under baby's bottom goes all the way up to the backs of her knees and in front of her crotch. She is positioned in a squat, straddling your upper hip. Her knees should be higher than her bottom. Most of the tension in the fabric is under her bottom, not in the fabric behind her knees

Rules for using your UpMama (or any other baby sling)

Positioning: Do not place baby flat, deep in the sling. This can curl their head and neck forward pushing chin to chest and possibly restricting breathing. Use age appropriate positions.

Practice: Use something with some weight, like a 5-10 lb bag of rice or potatoes. Bend down and over. Note how snug the sling must be to keep the doll or bag secure. Practice adjusting the sling. When starting out with your baby, sit on a soft surface and have another adult at hand for assistance.

Additional Support: Always support your baby's weight with your arm(s) when bending over or down, and when adjusting positions. Until you are confident in using your sling correctly, provide additional support with your arm.

Wall of Fabric in Infant Positions: Before putting your baby in the sling, tighten the inner rail so the fabric is slightly snug against your chest or just under your bust. Position baby, tighten the outer rail, then check again that the inner rail is between you and baby.

Airflow & Overheating: Be aware of the weather or room temperature. The sling is a layer of clothing and holding baby close gives him additional warmth. Dress your baby appropriately. If you wear baby under your coat, leave the top undone for airflow and so you can see him. Never cover baby's face. **You should always be able to see your baby's face.**

Every time you put on the sling, check the seams and body for wear or damage. Like any fabric, slings will "wear out" from normal use over time and may become damaged without you noticing. You must judge when the sling has reached the end of its lifespan and at that point please dispose of it.

We will not be held responsible for injury or loss resulting from the improper use of this product. Read these instructions, watch the videos at www.upmama.com carefully and always use caution and common sense.

For support and customer service

Visit our website: www.upmama.com

email: upmama@gmail.com or call: (613) 584-3799

UpMama Baby & Toddler Slings

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UpMama!

Baby & Toddler Sling Instructions

Using a sling style baby carrier is an acquired skill and may feel awkward at first. Learning "Babywearing" is very much like learning to bath your baby; there are specific time-tested techniques you will master and become comfortable with. Both skills require patience, practice, and are significantly easier when you take the time to learn to do them correctly.

This brochure covers only basic technique. For the sake of your baby's safety, your comfort, and your overall success with this product you must read this entire booklet and carefully watch our videos on youtube or on our website:

**www.youtube.com/user/upmama
www.upmama.com**



Parent's Viewpoint
Over Left Shoulder

Using Your Sling

Most people wear a sling on the shoulder opposite their dominant hand. To change shoulders, simply un-thread, flip it over and re-thread.



Pull tail pocket up through both rings



Pull rings apart



Pull tail pocket back over upper ring
and through lower ring.



UpMama threaded to wear on parent's left shoulder

Tummy to Tummy A perfect position for Newborns



Cradle Hold For healthy, full term babies at least 6-12 weeks old and weighing 10lbs



Hip Carry for Older Babies and Toddlers



Seat fabric goes all the way to the back of baby's squatted knees, straddling your upper hip. Tighten fabric across baby's back well. She should be very snug, high and close to you.



A



B

The rails used to adjust the fit of your sling are easy to find, just above either side of the pocket. **A) To tighten the inner wall** of the pouch (closest to your body), tug the rail on the *outer* edge of the pocket. **B) To tighten the outer wall** of the pouch, tug the rail on the *inner* edge of the pocket. Tuck any extra fabric back behind the pocket. **C) To loosen**, support baby's weight, lift the outer ring and pull it away from your body.

Tips, Tricks and Troubleshooting

Rings: Before you start, make sure the edges of the outer rails are visible at the rings and the fabric at the rings is arranged evenly.

Sling Height: Your baby should be high and snug. You should always be able to kiss the top of your baby's head. If you cannot then your baby is too low.

Cradle hold: Insert baby in bum first so she is semi-reclined NOT lying flat down. Your baby's body should form the shape of a checkmark when in the infant cradle position. If you can't seem to get this position right then use tummy to tummy only.

Fussy Baby: Movement! As soon as you get baby in the sling start moving. Walk, dance or just do that jiggle/bum pat/sway thing that parents do. If baby is fussy or unhappy stop. If possible keep the baby in the sling but support his/her weight as though not in the sling and get baby calmed down before proceeding. It's ok to take a break and try again later when baby is in a better mood.

Your Back: Fabric should be spread out wide across you back and the fabric just above the rings should cap your shoulder. Rings should be high, just under your collarbone.

Dads: The tail can be wound around the rings or tucked in the sling with baby. Sometimes dads like to do this for a more masculine look.

Easy Adjusting: When tightening the rails remember to pull the fabric out, away, and across your body. You must also support your baby's weight a little to create some slack. Just yanking straight down or on the whole tail is not going to work.