

Kangaroo Care with a Ring Sling

Place the threaded sling over your head and rest the rings in the corsage position with the tail hanging down the front. Tighten the sling so that there is only enough room to slide the baby down into the sling.

Position the baby upright on your chest so that his **tummy is touching your body**, his **legs are bent**, and his **bottom is lower than his knees**. Spread the fabric at least from knees to shoulders. Newborns may prefer to have their feet inside. There should be a bit of fabric tucked under baby's feet/bum between you and baby.

Tighten by first bringing any excess fabric around to the front, then pull the top edge of the sling (not the whole tail) up and across your body. Tighten the bottom by pulling the outside rail to the side (away from your body).



tighten
top rail

tighten
bottom rail

Transition to Nursing

First loosen the sling by pulling gently on the lower ring and allowing the fabric to loosen. Then move the baby so that his **feet are together near your waist on the side with the rings**. His **head will rest on the top rail near your breast opposite the rings**. Latch baby, then tighten the sling where you need extra support.



loosen rings

move feet
to one side

position baby's head
on upper rail

latch baby

tighten

done

Threading the Ring Sling

Gather all the tail fabric together and pull it through both rings. Pull the tail back through only one ring, just like you were threading a belt. Spread the fabric evenly and smoothly throughout the rings.

