

# BECO RING SLING



## PUTTING ON YOUR RING SLING

Put on your Beco Ring Sling like a sash, over one shoulder and diagonal across the body. Place the rings high on your shoulder, with the tail hanging down in front. Tighten or loosen fabric through the rings as necessary to prepare a small "pouch" for your baby.



## REMOVING BABY

To take baby out of your Beco Ring Sling, support baby with one hand while lifting the top ring at the shoulder to loosen the fabric. Continue to pull up and create slack in the sling. Gently lift baby up and out of the ring sling, back into high burping position.



## TUMMY TO TUMMY CARRY

With Beco Ring Sling prepared and on preferred shoulder, place baby in high burping position on opposite shoulder. Slowly lower baby into your ring sling, while gently guiding legs through the bottom rail and into the pouch. While supporting baby, pull the top rail up to the nape of baby's neck.



Tuck fabric at bottom rail up between baby and wearer, spreading fabric from knee to knee, to encourage an ergonomically correct position where the knees are above the baby's bum. While gently lifting baby, carefully tighten sling at rings from inside to outside rail, removing any extra slack and securing baby into a high and seated position.



## HIP CARRY

For hip carry, lower baby into your Beco Ring Sling toward your side opposite rings, (anywhere between belly button and hip bone, based on preference) guiding baby's bum to a seated position on the hip. Tuck fabric at bottom rail between baby and wearer, and encourage the ergonomically correct seated position with bum lower than knees.



## NURSING IN YOUR RING SLING

Your Beco Ring Sling can also be used for nursing! Nursing in a carrier takes practice, and our team of Beco Education Ambassadors can help. For specific and tailored support with nursing in your carrier, please visit our Becocommunity at [www.facebook.com/becobabycarrier](https://www.facebook.com/becobabycarrier)