



Instructions

IMPORTANT! KEEP FOR FUTURE REFERENCE



Thank you for your purchase! Zoe, a mother of 3, created Oscha to bring woven art to your baby carrying experience. Each item has been lovingly hand crafted in our solar-powered Scottish workshop from natural and ethical fabrics. We hope you will love your new sling as much as we enjoyed making it.

Vielen lieben Dank für Ihren Einkauf! Zoe, selbst Mutter von 3 Kindern, hat Oscha Slings gegründet, um Babytragen durch gewobene Kunstwerke zu bereichern. Jedes einzelne Produkt wurde in unserer schottischen, mit Solarenergie betriebenen Werkstatt in liebevoller Handarbeit gefertigt. All unsere Stoffe sind absolut natürlich und nachhaltig gewachsen. Wir hoffen, dass Sie Ihr neues Tragetuch mit so viel Liebe tragen werden, wie wir in die Herstellung investiert haben.

Merci pour votre achat ! Zoe, mère de trois enfants, a créé Oscha Slings pour apporter l'art du tissage à votre expérience de portage. Chaque article a été fabriqué soigneusement à la main dans notre atelier écossais fonctionnant à l'énergie solaire, à partir de tissus naturels et éthiques. Nous espérons que vous aimerez votre nouveau moyen de portage autant que nous avons aimé le fabriquer.

ご注文ありがとうございます。3人の母親であるゾイが、あなたの抱っこおんぶ経験に織物アートを届けるためにオーシャをつくりました。どのアイテムも、太陽光発電のスコットランドの工房でナチュラルでエシカルな生地より愛を込めて手作りされています。私達が楽しんで作っているのと同じくらい、あなたにもこの新しいスリングを愛してもらえますように願っています。

Grazie per il vostro acquisto! Zoe, mamma di tre figli, ha creato Oscha Slings per contribuire con l'arte della tessitura all'esperienza del portare. Ogni articolo è fatto a mano con cura, a partire da materiali naturali ed ottenuti nel rispetto dell'etica, nel nostro laboratorio alimentato ad energia solare in Scozia. Speriamo amerete il vostro nuovo supporto tanto quanto a noi è piaciuto realizzarlo.

Bedankt voor je aankoop! Zoë, moeder van 3, heeft Oscha opgericht om geweven kunst onder de aandacht te brengen voor al uw draagervaringen. Leder product is liefdevol met de hand gemaakt, in ons op zonnepanelen gebaseerde, Schotse werkplaats. Daar werken wij met natuurlijke en ethische materialen. Wij hopen dat u net zo gelukkig wordt van uw nieuwe draagdoek, als wij van het maken ervan.

Dziękujemy za Twój zakup! Zoe, mama trójki dzieci, założyła Oschę by móc połączyć piękno tkanych materiałów ze sztuką chustonoszenia. Każdy z naszych produktów został ręcznie wykonany z naturalnie i etycznie pozyskiwanych tkanin, w zasilanej energią słoneczną pracowni w Szkocji. Mamy nadzieję, że obdarzysz swoją nową chustę taką samą miłością, jaką my włożyliśmy w jej powstanie.

For full **video instructions**, including back carries, infant adjustments and more visit www.oschaslings.com/sling-information/how-to-carry



Why Babywearing? Why Oscha?

Oscha is a carbon-neutral company and our baby carriers are made with zero-waste. Our fabrics are woven in the British Isles from responsibly sourced yarns before they are lovingly hand-crafted into slings in our solar-powered Scottish workshop. Plus, each sling sold contributes to our growing Oscha grove which is helping to rewild the Scottish Highlands.



Babywearing brings many wonderful benefits to parents and children. From the everyday joys of popping out to the shops hands-free and navigating public transport with ease, to the long-lasting developmental and bonding carrying facilitates, your Oscha sling will be right there with you from newborn to toddlerhood.

- ✳ Promotes Bonding & Attachment
- ✳ Soothes Symptoms of Colic & Reflux
- ✳ Guards Against Flat Head Syndrome
- ✳ Supports Physical, Mental & Emotional Development
- ✳ Supports Breastfeeding Mothers



Top Tips

Make sure you and your baby are feeling calm and happy before trying the sling out. Take your time to practice and allow your baby time to get used to being in the sling. Let them settle by going out for a walk the first few times. You could practice using a teddy or a doll and check in front of a mirror.



'M' SHAPE

Baby's bottom should be below their knees, imitating the position they would take in arms. Spread the carrier base from knee-pit to knee-pit.



VISIBLE AND KISSABLE

Keep baby's face in view. Ensure their chin is not resting on their chest. Keep their face clear of fabric and ensure it is not buried into your chest.



A SUPPORTED CARRY

Wear baby snug enough to support their back and prevent slumping. Allow a gentle curve in a small baby's spine. Make sure their head is supported.



TAKE CARE BENDING

Bend with your knees and support baby with one hand.



YOUR COMFORT

Ensure the fabric is spread across your shoulder and back without being twisted.

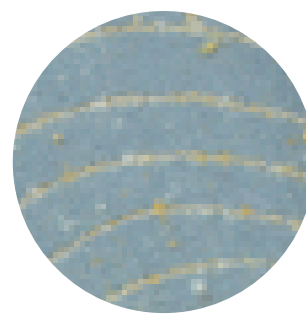


TEMPERATURE

Be aware of your baby's body heat when using a sling and avoid overheating.

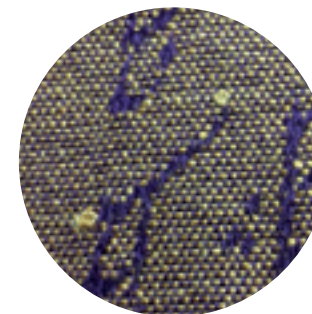
Fabric Characteristics

Oscha slings are woven with the highest quality, natural yarns. Each yarn has unique textures and natural variations. During the weaving process small visual imperfections may appear. These are all normal, allowing you to enjoy the texture of the natural fibre or the guiding hand of our weavers in this British-made fabric.



NUBS, SLUBS, FLECKS & KNOTS

These may be uneven yarn widths, an intentional part of the style, or knots made by our skilled weavers - all add to the unique look.



SMALL LOOPS

A normal part of the yarn, they do not affect the integrity of the fabric; more wispy filaments than pulls - they do not create tension on the fabric around them.



SKIPPED THREADS

Small areas of skipped threads are an inevitable part of the weaving process and should be considered a normal part of the texture of your sling.

Ready to Wear

As woven slings are made using natural fibres they may need a little time before they reach their final, and softest, state. Our special chemical-free Soft Touch Finishing technique starts the process of breaking in your new sling for you.

Depending on the fabric used to make your carrier, it might benefit from a little love before it is as soft as it can possibly be. If this is the case, check out our site for all the tips and tweaks babywearers use - oschaslings.com/readytowear.

Washing and Care

Always follow the instructions on the label of your sling. Spot clean where possible. Place items with buckles or rings in a pillow case for protection. Do not iron over labels and webbing. Store in a cool, dry place, roll or hang to avoid perma-creasing.

Baby Wrap - Front Wrap Cross Carry

1. Find the middle marker on the wrap and align it to the centre of your chest. Take hold of the top edge (called the top rail) an arms length away from your body.
2. Bring the top rail under your arm, across your back and over the opposite shoulder.
3. Repeat for the other side.
4. The fabric should form an 'X' across your back.
5. Adjust the wrap so the tails are equal length. Tighten gently so the wrap is snug with enough room to pass your baby into the pouch in front of you.
6. Pick up your baby and hold them against you. Pass their legs through the wrap and seat them on the band of fabric, ensuring it goes from knee-pit to knee-pit and baby is in a good seated position with knees level or higher than the hips. Now use one hand to bring the fabric up over baby's back to the base of the occiput whilst using the other hand to support baby and as a break to ensure you do not bring up any excess fabric, which should remain under the seat.
7. Support baby with one hand. Pull out one side of the wrap, tightening across the width, removing slack and giving support. Hold the tightened side under baby's bum while you tighten the other side.
8. Hold one end of the wrap tightly in each hand, bring them under your baby's bum and cross them over.
9. Take the ends under baby's legs and bring them behind you.
10. Tie the wrap off behind you in a secure double knot. If the wrap is very long, bring it around again under your baby's legs and tie again under their bum.
11. For added support you can open out the crosses on each side. Adjust the wrap for your comfort, and if you feel constricted around the neck pull the wrap away.
12. To get baby out - Open the crosses up. Lift your child under their arms. Rest them on your shoulder whilst you bring their legs out of the wrap.

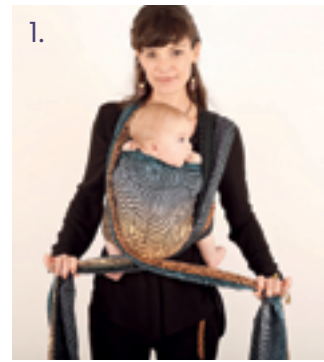
Comfort Checks:

Check to make sure you have spread the fabric smoothly across the baby's back and that the fabric goes from knee pit to knee pit. For your own comfort check the fabric is not twisted and are sitting in a comfortable position on your shoulder - you can spread the fabric over your shoulders.



Baby Wrap - Infant Front Wrap Cross Carry

1. Follow steps 1-7 on previous page for Front Wrap Cross Carry. Ensure baby is held so that they are mimicking the natural position upright in your arms, with knees tucked up and not too far apart. Make sure the wrap is well tightened and each end of the wrap is held snugly in each hand. Cross the ends over beneath baby's bum once.
2. Cross the tails over again to form a twist (this can be repeated if necessary to keep the tails (rope passes) away from baby's feet).
3. Bring the tails to your back and secure in a double knot.



Ring Sling

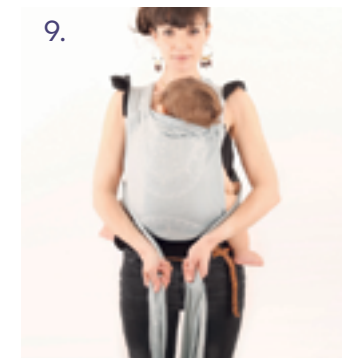
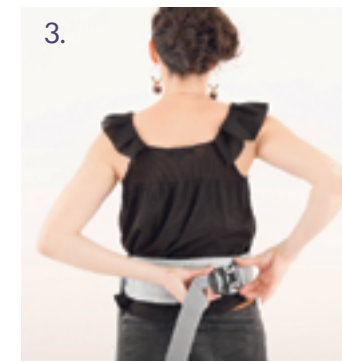
1. Take the rings in one hand and the loose end of fabric in the other.
2. Feed the loose end of fabric through both rings.
3. Lift the upper ring, pass the fabric over the upper ring and pull the fabric through the lower ring.
4. Pull the fabric through one strand at a time ensuring there is no twisting or bunching. This will make it easier to adjust later. Pass the sling over your head and one arm. Ensure the rings are sitting just below your shoulder and the fabric is well spread and not twisted. Tighten enough to make a snug pouch ready for your baby.
5. Rest your baby against you, holding them securely. Pass their legs through the fabric and out the other side. They should be in a spread-squat position with the fabric going knee-pit to knee-pit. Allow their weight to rest on the fabric. If the rings have moved down, slightly lift your baby so you can slide the fabric round to move the rings back up.
6. Spread the fabric up baby's back to the base of their neck whilst you support them. Move any 'slack' in the fabric towards the rings ready to tighten. The fabric should be smooth across baby's back with any excess tucked into the knee pit.
7. Pull the fabric through the rings so it feels nice and secure. Rather than pulling in a downwards motion, lift up and over. This helps keep the rings in the correct position, just below the hollow area in front of the shoulder. Tighten by pulling small sections of fabric at a time out radially from the ring centre. Place your hand under baby's bum to lift them a little so that you can adjust the fabric easily.
8. Especially focus on tightening the upper third of the sling so that your baby is drawn in closely to you, and ensure the middle third and bottom third are snug too. Make sure the fabric is still well spread out over your back and your shoulder.
9. To take baby out: Lift the upper ring to allow some fabric to slide through, loosening the pouch. Lower the fabric under her shoulders and hold baby around the waist. Lift your baby up, rest them on your shoulder and bring their legs out.



Cairis Baby & Toddler Carrier

1. Review above section 'Cairis - Adjusting the Panel Height' below. Hold the Cairis in front of you by the waistband with the buckle facing away and the panel hanging over the waistband and down.
2. Wrap the long Strata-linea Waistband around the back of your waist.
3. Bring the webbing over the tongue and click the buckle securely together. Pull on the webbing to tighten so it is comfortably snug. Keep the waistband horizontal.
4. To adjust the panel width for younger babies tie the Cynch accessory around the body panel near to the waistband - you want enough width so that the fabric can be spread from knee-pit to knee-pit when your baby is in it. Move the strap around so the knot is under the waist fabric.
5. Hold your baby to your chest and position them comfortably with their bottom over the waistband. The top of your child's head should be close enough to kiss easily; if it is not, put baby down and move the waistband higher up your body.
6. Support baby with one hand, and with the other hand, reach underneath the body panel to smooth the fabric up your baby's back. Keeping one hand on baby, ensure baby's knees are bent and their pelvis is tucked inwards. Make sure that baby's back is supported by fabric up to the back of the neck. Keeping one hand on baby's back, use the other hand to bring the shoulder straps up and over each of your shoulders. Both shoulder straps should now be hanging vertically down your back.
7. Support baby with one arm, and with the other hand, reach around behind your back to gather the opposite strap. Pull this vertically downwards so it is snug on your shoulder. Then bring it around your side and hold it just below your child's bottom. Keep holding this strap and use that forearm to support baby.
8. Your other hand can now reach around your back to find the remaining strap on your opposite shoulder. Tighten in a downwards motion then bring the strap across your back and around your baby. The straps now form a cross on your back.
9. You should now have both straps in front, one in each hand, and held just below baby's bottom. Supporting baby with one hand, give each strap a gentle forward pull, wriggling your opposite shoulder as you pull, to get any slack out and to bring baby's body close to your chest.
10. Bring each strap down the side of baby so that the fabric passes outside the bend of the knees. For newborns, bring the strap underneath the leg. Cross the straps over in your hands below baby's bottom.
11. Keeping the tension, bring the straps underneath baby's lower legs and around your sides. Tie in a secure double knot at your back.
12. You may choose to spread the wrap fabric of the straps across baby's bottom for some extra warmth or support. This can have the effect of creating a wider seat, more useful with bigger children.

To take baby out - undo the long straps and bring the panel down from baby's back whilst keeping one hand supporting your baby.



Cairis Carrier - Adjusting the Panel Height

You may need to shorten the panel height to ensure it only comes up the base of the head (the occiput). To do this you can place the waistband high up on your waist. Alternatively you can roll the waistband:

1. & 2. Hold the carrier with the label facing away from you, panel hanging down and fold the waistband down over the panel. Clip around your waist securely.
3. Check that your baby's head is close enough to kiss and the panel is at the right height before following the rest of the instructions on using the Cairis above.



Cairis Carrier - Using the Hood & Webbing Tidies

When you find your child has grown too tall for the body panel to provide support when they fall asleep, the hood can be used. Rolling the hood can provide additional head support for smaller babies (0 - 4 months).

1. To attach the hood feed the short popped ties through the loops on the body panel below the shoulder straps and press to fasten.
2. Bring the hood over the back of your child's head; feed the hood tie through the shoulder strap loop on the shoulder strap. Adjust to create the necessary support and tie off.
3. We recommend only fastening one side of the hood, ensuring you can see baby's face at all times.
4. Rolling the hood can provide additional head support for smaller babies (0 - 4 months).
5. Secure at the side.
6. Excess webbing can be rolled away to keep it tidy, and the elastic loop used to secure it.



Breastfeeding in a Sling, Wrap or Carrier

Loosen the shoulder straps and waist band (or fabric through the rings on a Ring Sling) to lower baby down slightly. Ensure a good air supply at all times with no fabric over the head and that baby's chin is not resting on their chest (check you can fit two fingers between chin and chest if you are unsure). Support baby's head with your hand, ensure they can latch on and off as needed - do not force their head forward with sling fabric. Keep their head aligned with their spine and only turned slightly to one side if needed. Allow baby's hands to be up next to your breast. Keep focused on your child while they nurse - re-position them and tighten the carrier once they have stopped feeding.



Safety & Warnings

- Read all instructions before assembling and using the soft carrier.
- Use common sense when using a sling: your baby's safety is your responsibility.
- Check to ensure all buckles, snaps, straps, and adjustments are secure before each use.
- Check for ripped seams, torn straps or fabric and damaged fasteners before each use.
- Stop using immediately if you notice any damage.
- Ensure proper placement of child in product including leg placement.
- Constantly monitor your child and ensure the mouth and nose are unobstructed.
- Premature infants, infants with respiratory problems, and infants under 4 months are at greatest risk of suffocation. Check often to make sure baby's face is uncovered, clearly visible, and away from caregiver's body at all times. Make sure baby does not curl into a position with the chin resting on or near baby's chest. This position can interfere with breathing, even when nothing is covering the nose or mouth. Ensure your child's chin is not resting on its chest and its breathing may be restricted which could lead to suffocation.
- If you nurse your baby in the carrier, always reposition after feeding so baby's face is not pressed against your body.
- Never use a baby wrap or ring sling with babies smaller than 8 pounds without seeking the advise of a healthcare professional. For pre-term, low birth weight babies and children with medical conditions, seek advice from a health professional before using this product.
- Never use a soft carrier when balance or mobility is impaired because of exercise, drowsiness, or medical conditions.
- Never use a soft carrier while engaging in activities such as cooking and cleaning, which involve a heat source or exposure to chemicals.
- Take extra care when around hot liquid or drinks.
- Never wear a soft carrier while driving or being a passenger in a motor vehicle.
- Do not use in place of a car seat.
- Do not operate machinery or drive a vehicle when using a carrier.
- Do not use the sling during sporting activities e.g.. running, cycling, swimming and skiing.
- Be aware of your baby's body heat when using a sling. The carrier provides extra layers of fabric and therefore warmth for you both; you are also sharing each other's body heat. You will probably need a layer or two less clothing than normal.
- Ensure your baby's head is well supported.
- Do not leave a carrier around your child unsupervised.
- We do not recommend back carries until your child has good head control & is over 4 months old.
- Do not position your child in the carrier so that their body is facing away from you. This carrier has not been designed for carrying children in this position, nor do we recommend it.
- Only use the carrier with one child at a time. Keep this sling away from children when it is not in use.
- Be aware of an increased risk of your child falling out of the sling as the child becomes more active.
- Your balance may be adversely affected by your movement and that of your child.
- Take care when bending or leaning forward or sideways.
- To prevent hazards from falling ensure that your child is securely positioned in the sling.



WARNING

FALL AND SUFFOCATION HAZARD

FALL HAZARD - Infants can fall through a wide leg opening or out of carrier.

- Adjust leg openings to fit baby's legs snugly.
- Before each use, make sure all fasteners are secure.
- Take special care when leaning or walking. Leaning, bending over, or tripping can cause baby to fall. Keep one hand on baby while moving
- Never bend at the waist; bend at the knees.
- Cairis Baby and Nook Encompass - Only use this carrier for children between 7lb and 45lb.
- Coorie Baby - Only use this carrier for children between 15lb and 45lb.
- Cairis Toddler, Nook Evolve and Coorie Toddler - Only use this carrier for children between 25lb and 45lb.
- Wrap and Ring Sling - Only use this carrier for children between 8lb and 45lb.

SUFFOCATION HAZARD - Infants under 4 months can suffocate in this product if face is pressed tight against your body.

- Do not strap infant too tight against your body.
- Allow room for head movement.
- Keep infant's face free from obstructions at all times.

Failure to follow the manufacturer's instructions can result in death or serious injury.



CORRECT

Upright (optimal)
Chin up; face visible
Nose and mouth free



CORRECT

Reclined
Chin up; face visible
Nose and mouth free



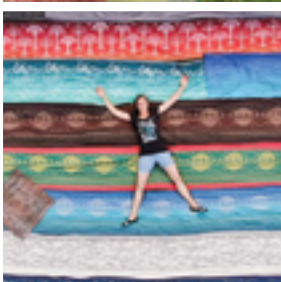
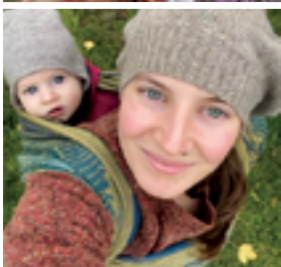
INCORRECT

Baby's face covered
and pressed tight
against wearer



INCORRECT

Baby is hunched with
chin touching chest;
face covered



Join our thriving community - *Clan Oscha* - for more support in babywearing and beyond

OSCHA SLINGS LTD, 24/4 DRYDEN RD, LOANHEAD EH20 9HX
TEL: (+44) 0131 440 9767 WWW.OSCHASLINGS.COM