



LiliPUTI®  
Ring Sling  
*instructions manual*



## safety & care

*This instructions manual presents the use of the ring sling, shows you some important safety information and gives instructions on how to care for your carrier.*



Read this manual  
online in your  
language



[www.liliputi.com/carrier-instructions](http://www.liliputi.com/carrier-instructions)

Before using your ring sling, look through this booklet and the video tutorials soundly, so you can use it easily with your baby afterwards. If you feel unsure ask for help either from us or a local babywearing consultant.

### IMPORTANT!

- Ring slings help to keep your newborn baby in the anatomically optimal, physiological posture (baby's legs in mild straddle, the knees in bellybutton level, while the wrap supports his/her body until the nape and the thighs from knee to knee), you can carry your baby in the ring sling even later in the optimal position depending on his/her physical development.
- Do not wear your baby in this carrier when you do sports (jogging, cycling, jumping, swimming, etc.) or you drive or travel in a car! This carrier is not usable instead of a safety car seat!
- Only carry your baby in a vertical position! For ensuring you baby's health, security, and his/her free airways, don't wear him/her laying down!
- Wear your baby that high you both can move your heads comfortably, and he/she can lay his/her head on your chest if it's needed.
- While wearing your baby make sure that your baby is facing towards to you and not out, away from you!
- Always wear your baby facing your body, either you choose front carry, hip carry or back carry. Facing forward doesn't make it possible to reach the anatomically optimal position or protect your baby from the unwanted impacts.
- Pay attention to dress your baby properly: make him/her wear clothes where his/her body contacts the ring sling - it's especially important under the popliteals.
- The ring sling is only supporting your baby properly if you pull it tight around his/her body strand by strand, and there is no gap between your bodies during your movements.
- Either you wear your baby in front or hip, switch the sides of the holding shoulder frequently.
- In the beginning it's possible that your baby gets moody, doesn't find his/her place in the ringsling, but it's fine, especially if you feel a bit unsure, too. Checking his/her fundamental needs (like nappy, hunger, clothes) should be the first step.

- Always hold your baby during the wrapping, until you are finished! Hold him/her properly during taking the ringsling off.

While tying and during wearing check regularly if:

- Your child is positioned safely in the carrier following the guidance of this instructions manual!
- You must be able to put two of your fingers in between your baby's chest and chin!
- Your baby's nose and mouth is clear and always visible!
- Your baby is breathing normally. Take him/her out or change position if you hear him/her breathing heavily or if the breathing does not sound normal!

*Neither the manufacturer nor the distributor accepts any responsibility for injury/damage due to the use/misuse of this product. Take care of your baby's safety and comfort. Your child's safety is your responsibility!*

## Weight & Age Limitations

This ring sling is suitable from the moment of birth up to 20 kg. Can be used for premature babies, but if you want so, ask for help from a babywearing professional first! Once your baby reaches 6-7 kg weight, pay attention to wear him/her on front occasionally, for the protection of your perineal muscles: bend your knees instead of leaning from the waist when you wear your baby, and change to hip carry or back carry.

## Washing & Care

In order to preserve the ring sling in a good condition we recommend to always use washing bag and hide the rings in an extra sock. It is machine washable at max. 40 degrees. Use liquid laundry detergent and no softener. Requires low speed spin. Do not tumble dry!

*Thanks to Petra Gerhát (ClauWi Babywearing Specialist) and Mariann Hornýák (School of Babywearing and Slingbaby Babywearing Consultant) for their professional help.*

Have Questions?

Call us (+43 1 364 9000) or email us (info@liliputi.com)!

*first steps*





**1.** Grab the rings and put it right on the top of your shoulder. The sling's fabric should run down on your back from the shoulder towards the waist. (It's recommended to change your babywearing side from time to time in favor of your health.)



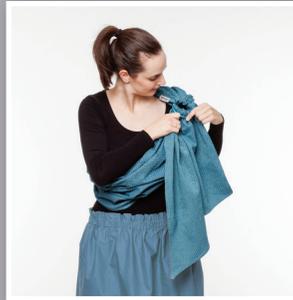
**2.** Grab the bottom rail with your free hand and flip the wrap. (This twist makes it possible for the fabric to embrace your baby symmetrically, and support him/her perfectly.)



**3.** Gather the fabric in your free hand strand by strand then pull it through both rings from below.



**4.** Leave the pouch loose enough to reach from your shoulder until your opposite hip blade. Pull the fabric through the bottom ring.



**5.** Find the top rail in both rings and sort them strand by strand until you reach the bottom rail. (This is necessary because that's how you can adjust the sling strand by strand when your baby is already in it. The fabric is well sorted when it does not cover itself anywhere.)



**6.** Place the rings on the top of your shoulder and adjust the top rail horizontally until your opposite shoulder blade. Adjust the bottom rail, too.

2.



## *front carry*

*The ring sling is suitable for front carry from birth. Pay attention to wear your baby occasionally in front if he/she passed 6-7 kgs weight. It's important for your health!*



[www.lilipuli.com/instructional-videos](http://www.lilipuli.com/instructional-videos)





**1.** Lift your baby up to your free shoulder. While you support his/her back -and head if necessary- reach under the sling with your free hand, hold the ankles together and let him/her slip into the pouch. Place the baby on your torso's vertical center.



**2.** Adjust the baby, his/her legs should be in mild straddle position, the knees at the height of his/her belly button, then spread over the fabric on his/her back up until the top of their baby's shoulders. Support the baby's body then bring the slack of the upper rail to the rings.



**3.** Pull the looseness of the top rail firmly through the rings with a horizontal move! (This helps the upper rails to support your baby until you tighten the sling strand by strand.)



**4.** Lead the looseness to the rings from your back underneath your baby's bum, and pull the tail tight through the rings. (This helps keeping the lower third of the sling become tight between your baby's popliteals - this is what keeps him/her in mild straddle position.)



**5.** Tighten the sling strand by strand around the baby. Start with the upper rail, move downwards to the bottom, and adjust every strand in a few centimeters. (It helps if you imagine the rays of the Sun, and pull the fabric alike.)



**6.** Check the upper rail (bring the slack upfront to the rings under your armpit if necessary) and the baby's positioning. Adjust his/her legs in line.

3.

Front Carry



## hip carry

*The ring sling is suitable for hip carry from birth until the end of the babywearing period. For the protection of your perineal muscles: bend your knees instead of leaning from the waist when you wear your baby. Once your baby reaches 6-7 kg weight it is worth to switching to hip carry.*



Watch this

Video



[www.lilliputi.com/instructional-videos](http://www.lilliputi.com/instructional-videos)





**1.** Lift your baby up to your free shoulder. While you support his/her back –and head if necessary– reach under the sling with your free hand, hold the ankles together and let him/her slip into the pouch. Your baby's spine should be in line with the top of your pelvis.



**2.** Adjust the baby (legs should be in mild stretched position around your hip, the knees at the height of his/her belly button), then spread over the fabric on his/her back up until the baby's shoulders. If the baby can hold his/her own body stable then it is enough to spread the fabric until his/her armpits leaving the arms out.



**3.** Support the baby's body then bring the slack of the upper rail to the rings. Pull the looseness of the top rail firmly through the rings with a horizontal move! (This helps the upper rails to support your baby until you tighten the sling strand by strand.)

4.



**4.** Lead the looseness to the rings from your back underneath your baby's bum, and pull the tail tight through the rings. (This helps keeping the lower third of the sling become tight between your baby's popliteals – this is what keeps him/her in mild straddle position.)



**5.** Tighten the sling strand by strand around the baby. Start with the upper rail, move downwards to the bottom, and adjust every strand in a few centimeters. (It helps if you imagine the rays of the Sun, and pull the fabric alike.)



**6.** Check the upper rail (bring the slack up front to the rings under your armpit if necessary) and the baby's positioning. Adjust his/her legs in line.



## accessories

Complete your babywearing outfit with Liliputi babywearing accessories, matching the style of your favourite Liliputi Ring Sling.



*mama coat*



*mama  
pocket belt*



*mama bag*



*babywearing  
shoes*

## if you want to upgrade your carrier

There is always room for an other Liliputi carrier! Try our other products according to your baby's age, weight and physical development!



*woven wrap*



*lili-tai*



*stretchy wrap*



*buckle carrier*

**Liliputi**<sup>®</sup>  
*babywearing in style*

Liliputi Babywearing Ltd. | 1024 Budapest, Lövház St. 29., Hungary | +43 (1) 364-9000  
info@liliputi.com | facebook.com/liliputi.babywearing | instagram.com/liliputilove

[www.liliputi.com](http://www.liliputi.com)