

Using a baby sling for the first time

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Many parents hear the wonders of using a [baby sling](#) for their baby and yet when they finally buy their first baby sling, they're not sure how to use it. Some baby slings can appear a bit daunting at first, or baby is grumpy and not behaving like a floppy doll to practice with.

So here are a few tips to get you started.

- Take your time! You didn't learn to ride a bike in one day. Like many things about parenting, a baby slings may feel foreign at first and quickly becomes second nature.
- Relax! If you're relaxed, baby is more likely to be cooperative.
- Choose your moment! Don't wait until the moment your baby is crying to remember your brand new baby sling. A calm, fed, rested and changed baby is more likely to take to the sling easily.
- Read the instructions! It sounds obvious but how many of us will try to use something before actually taking the time to read the instructions carefully (I know I do it all the time!) Taking the time to read the instructions or watch the DVD carefully will make your whole 'baby wearing' experience more enjoyable.
- Watch some videos! The beauty of the internet means that it's easy to find videos showing you how to use your baby sling. We will be adding some to this website over the next few months so watch this space.
- Practice with teddy! A teddy or any soft toy can help you practice your 'baby wearing' skills without needing a feed or a change half way through.
- Mirror mirror am I the prettiest of them all? Once you have put on your [baby sling](#), take a look in the mirror and compare with the manufacturer's photos. Does it look the same? If you can, send us a photo so we can advise on how to adjust your baby sling better.



- How does it feel? Does it feel right and comfortable? Does your baby feel very light? Do you feel secure enough to take your hands off?

- Go out for a walk. Don't just pace around the house bouncing baby up and down, go out for a walk. The gentle swaying of your walk will remind your baby of the womb and often settles a child much quicker than indoors.

Again take your time, practice makes perfect and with a little bit of patience, you will soon enjoy carrying your baby comfortably for hours.

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