

# How to put on the Peanut Shell sling:

**Step 1:** Before you put on your sling, make sure your pouch is **folded in half** (it is packaged folded correctly). To do this you will need to fold it in half lengthwise, with the two sewn sides of the pouch parallel, creating a "pouch" (pocket on outside and padded rail on inner edge)

**Step 2:** Hold the sling in one hand with the folded edge nearest your body and the curved seam pointing toward the ground. Slip the pouch up and over your head, putting the arm that was holding the pouch through it, and let it come to rest on the opposite shoulder (like you are Ms. America and wearing a sash). If you are wearing a cotton sling the padding will be against your body and the pocket on the outside of the sling.

**Step 3:** Before you put baby in your sling make sure the fabric of the pouch is spread across the ball of your shoulder, NOT up around your neck (so your shoulder bone should be centered on the fabric across your shoulder) and smoothed across your back. Your sling should fit snugly to allow for the stretch of the fabric and to give you the most comfortable carry.

**Step 4:** No matter which position you are using, your baby's bottom always goes on the seam, which is curved to create a deep "seat." For front cradle or upright carries, position the seam just off-center from your belly button, about halfway between belly button and hip bone. For hip carries, it should be at your hip.

See below pictures for help:



• 1. Sling open (not folded)



• 2. Sling folded and ready to put on



- **4.** Slide arm through sling and over your head



- **5.** Pouch opening (where baby will go)



- **6.** Sling on correctly