

UCHI DUO RING SLING INSTRUCTIONS

You can carry two babies from 8-35 lbs in front or hip or 1 baby with a two shouldered “short cross carry” in front. Back carries are not recommended for twins.



1. Hold both tails in front of you with rings in the middle.
2. Pass over shoulders and cross in the back, bring in front, keep fabric straight, ie not folded over.
3. Thread one sling then the other; see close up photo: pass tail through both rings, then pass it over the top ring and through bottom ring. Take care to keep rails, each side of sling separate and not bundled up.



4. Place first baby in: I recommend smaller child first and on your dominant side. Follow instructions on single ring sling card provided. Baby's knees should be above his bum and he/she should sit in a nice pocket with fabric supporting him well from knee to knee, tighten bottom rail and then top rail.

Ensure that baby's face is upright, in a neutral position, turned to one side, not pressed against your skin and not covered up by fabric.

5. Place second baby in second sling repeating the same steps.

I recommend you tuck tail under babies' bums, going over bum and under baby's front, pull. This secures the seat, or if you have enough tail, tuck over baby's bum and under baby's leg closer to your back, tuck in the back.

If one of the babies is uncooperative, leans back, resists, remove baby. It is unsafe to use with a baby who is resisting, arching back, baby should be in position shown above not with legs straight. Please look at this video for a technique used if baby straightens legs.

<https://www.youtube.com/watch?v=U3KFUXJKYt4>

The twin sling can also be used to carry one baby in front in a short cross carry by putting on the twin sling pre-threaded backwards, thus creating an x in front; baby straddles the x. Pull fabric closer to you over baby's bum from knee to knee, then do the same with other side. To remove baby, pull down side farther to you first, lift baby out of x.

