



Micasling

**FROM ONE MUM
TO ALL MUMS**



Instructions

**ORIGINAL MICASLINGS HAVE THE LOGO NEATLY
SEWN ONTO THE TAIL**



Micasling is a single piece of strong fabric folded double and well padded. It will last for years securely holding your baby to your body.

Micasling holds your child with the help of two stainless steel rings that can be easily regulated and will hold the threaded fabric firmly.

Micasling is worn like a shoulder belt to evenly distribute your baby's weight.

Micasling will hold your little one in a variety of natural positions.

To carry newborns in the cradle position it is better to place the baby first inside the hammock before wearing the Micasling as described below. For all the other positions wear the Micasling first and then place your child inside.

The positions here described are a selection of all the possibilities and the ages given are only approximate guidelines as babies develop at different rates.



FROM BIRTH ONWARDS

RECOMMENDED FOR PREMATURE BABIES NEWBORNS AND TO HOLD SLEEPING BABIES

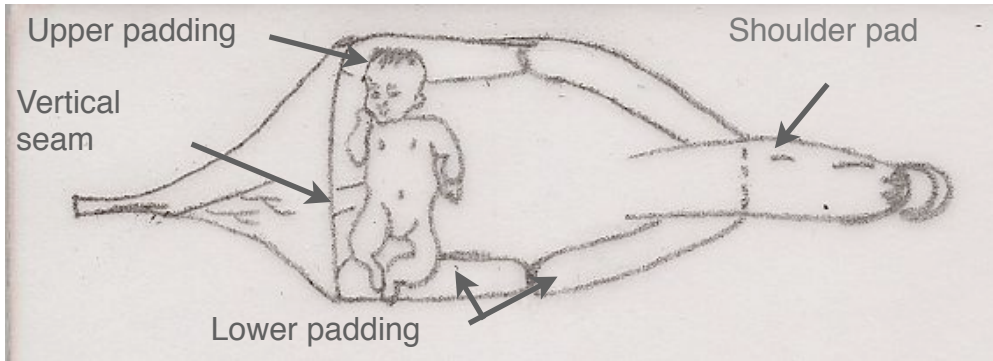


Fig. 1

THE CRADLE POSITION:

Place your Micasling on a flat, even surface and open the hammock as much as possible. (Fig.1)

Place your baby on the hammock with his head resting on the upper padding and his feet in the direction of the lower padding next to the vertical seam. (Fig.1) Tie your Micasling by threading the tail through the two rings. (Fig.2)



Now pass your head and one arm through the loop of the Micasling - if the shoulder padding is on your right, best for right-handed people, pass your right

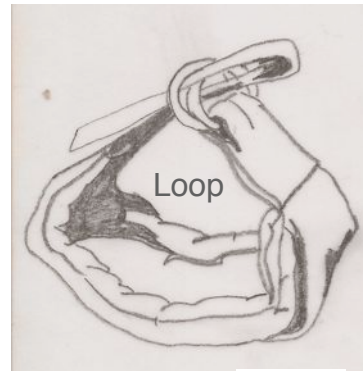


Fig. 2

arm, if on your left, best for left-handed, pass your left arm. The shoulder pad should rest on your shoulder and run down your back while the rings will be on the front a few inches down with the tail hanging loose. Lift your baby up and in so doing rotate the Micasling in an anti-clockwise direction if you have passed your right arm in or in a clockwise direction if you have passed your left arm in, lifting the inner padding up against your chest. Regulate the height of your Micasling by



pulling the tail through the rings so that your child's body inside the hammock rests on your hip.

Newborn babies will be completely enclosed in this position. As your

little one grows its feet and legs will begin to stick out behind. With practice you will be able to lie your child in this position without the need of a flat surface.

To take off your Micasling with a sleeping baby just bend over a flat surface and lie him down. Untie your Micasling or pass your head and arm out again sliding out backwards, and then fold the Micasling on your little one like a blanket. Your baby will continue to sleep peacefully. Be careful not to let the rings fall on his face!

This position is also recommended for crying babies with colic. Rock your baby up and down and sideways (standing on a bed with springs will make rocking for you easier) and your baby will soon stop crying!



BREAST-FEEDING YOUR BABY:



Wear your Micasling by passing your head and one arm through the loop after having threaded the tail through the rings. The shoulder pad must rest on your shoulder and run diagonally down your back. Open the hammock by

pulling the upper and lower padding apart. Slide your baby down inside adjusting height and position so that the sling will support him while breast-feeding. Once you have finished feeding on one side wear your Micasling on the other shoulder to feed on the other side. Note: This position is different from the cradle position. The head of your baby lies below your free shoulder while breast-feeding while it is below the rings in the cradle position. If your baby falls asleep do not carry him in this position. Bend forwards and rotate the hammock with your sleeping baby to reach the cradle position.

THE KANGAROO POSITION:

NEEDS NECK CONTROL: 1-2 MONTHS ONWARDS



Wear your Micasling by passing your head and one arm through the loop after having threaded the tail through the rings. Make a pouch by turning the lower padding upwards against your chest. Hold your baby facing forward in a sitting position. Slide your baby inside the pouch, bottom first. Back and head will rest against your body and babies legs will be crossed inside the pouch. This position is recommended for babies

with hip problems and helps air leave baby's intestine preventing colic.

TUMMY TO TUMMY POSITION:

NEEDS SOME BACK CONTROL: 3-4 MONTHS ONWARDS

Wear your Micasling by passing your head and one arm through the loop after having threaded the tail through the rings. Lift your baby up and slide him inside from above. Sit him comfortably on the soft lower padding with his legs coming out from below and the upper padding well holding his back. To give better support raise the upper padding behind your baby's shoulders rolling it once or twice. This pulls your child closer to you. Your Micasling must be threaded quite tight to hold your baby securely against your chest.



HIP POSITION:

NEEDS BACK CONTROL: 5-6 MONTHS ONWARDS

Wear your Micasling by passing your head and one arm through the loop after having threaded the tail through the rings. Lift your baby up and slide him inside from above. Sit him comfortably on the soft lower padding with his legs straddled across your hip. Pull the upper padding up for support. Tighten your Micasling as much as possible to hold your baby close



to your body. If your baby wants to sleep you can easily move him into a more horizontal position by putting both his legs together, loosening the sling to allow your baby to tilt backwards while lifting the upper padding up to give head and neck support.

Older children can be positioned in your Micasling on the ground without having to lift them from above.

In this position your child's weight distributed by the Micasling allows you to carry easily even heavy children.



TODDLER BACK POSITION:

NEEDS MINIMUM HEIGHT: FROM 12 MONTHS ONWARDS

Wear your Micasling by passing your head and one arm through the loop after having threaded the tail through the rings. Lift your toddler up and slide him inside from above. Sit him comfortably on the soft lower padding with his legs straddled across your hip. Hold your toddler and swing him around the back so that he sits with his legs straddling your waist from behind. Always check that the lower padding is securely under his bottom and that the upper padding is supporting his back. In this position the rings will be half way down your chest. This position is suitable only for toddlers old enough to



stand up on their own.

WASHING INSTRUCTIONS:

Micasling is made with 100% cotton fabric or linen with a polyester padding. It is machine washable at low temperatures. Padding should be safely secured to fabric with safety pins to stop it shifting during washing.

IMPORTANT NOTICE

The manufacturer declines responsibility for events determined by inappropriate use or impairment of this product.

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